



4. Park&See-Lauf

Hof / 01.10.2011

Detailed evaluation

Luding, Andy

Club: 1. FC Trogen

Number: 26

Course: 21.10 km

Halbmarathon

Category:

Männer M30

Total time: 1:38:16

Speed: 12.82 km/h

Running performance: 4:40 min/km

Rank in course/Total: 33 (of 191)

Rank in course/Men: 32 (of 151)

Best time in course: 1:14:14

Rank in category: 4(of 18)

Best time in the category: 1:14:14