



4. Park&See-Lauf

Hof / 01.10.2011

Detailed evaluation

Nguyen, Auh-Quoc

Club: Oberkottzau

Number: 555

Course: 21.10 km

Halbmarathon

Category:

Männer M20

Total time: 1:39:24

Speed: 12.68 km/h

Running performance: 4:43 min/km

Rank in course/Total: 37 (of 191)

Rank in course/Men: 36 (of 151)

Best time in course: 1:14:14

Rank in category: 4(of 11)

Best time in the category: 1:18:48