



## 4. Park&See-Lauf

Hof / 01.10.2011

### Detailed evaluation

Heißinger, Stefan

Club: Bad Bened

Number: 566

Course: 21.10 km

Halbmarathon

Category:

Männer M45

Total time: 1:41:07

Speed: 12.46 km/h

Running performance: 4:47 min/km

Rank in course/Total: 41 (of 191)

Rank in course/Men: 39 (of 151)

Best time in course: 1:14:14

Rank in category: 8(of 27)

Best time in the category: 1:19:05