



## 4. Park&See-Lauf

Hof / 01.10.2011

### Detailed evaluation

**Sieder, Stefan**

Club: SG Hutschenreuther Selb

Number: 68

Course: 21.10 km

Halbmarathon

Category:

Männer M40

Total time: 1:42:33

Speed: 12.29 km/h

Running performance: 4:52 min/km

Rank in course/Total: 45 (of 191)

Rank in course/Men: 43 (of 151)

Best time in course: 1:14:14

Rank in category: 17(of 39)

Best time in the category: 1:24:38