



4. Park&See-Lauf

Hof / 01.10.2011

Detailed evaluation

Orso, Nikolaus

Club: Team Icehouse e.V.

Number: 14

Course: 21.10 km

Halbmarathon

Category:

Männer M30

Total time: 1:43:01

Speed: 12.23 km/h

Running performance: 4:53 min/km

Rank in course/Total: 48 (of 191)

Rank in course/Men: 46 (of 151)

Best time in course: 1:14:14

Rank in category: 6(of 18)

Best time in the category: 1:14:14