



4. Park&See-Lauf

Hof / 01.10.2011

Detailed evaluation

Tschakert, Roman

Club: Da renna ra ra

Number: 585

Course: 21.10 km

Halbmarathon

Category:

Männer M40

Total time: 1:45:18

Speed: 11.97 km/h

Running performance: 4:59 min/km

Rank in course/Total: 55 (of 191)

Rank in course/Men: 53 (of 151)

Best time in course: 1:14:14

Rank in category: 20(of 39)

Best time in the category: 1:24:38