



## 4. Park&See-Lauf

Hof / 01.10.2011

### Detailed evaluation

Frisch, Johannes

Club: Hof

Number: 97

Course: 21.10 km

Halbmarathon

Category:

Männer M45

Total time: 1:47:25

Speed: 11.73 km/h

Running performance: 5:05 min/km

Rank in course/Total: 65 (of 191)

Rank in course/Men: 62 (of 151)

Best time in course: 1:14:14

Rank in category: 10(of 27)

Best time in the category: 1:19:05