



4. Park&See-Lauf

Hof / 01.10.2011

Detailed evaluation

Kremling, Udo

Club: TV Helmbrechts

Number: 81

Course: 21.10 km

Halbmarathon

Category:

Männer M45

Total time: 1:49:59

Speed: 11.46 km/h

Running performance: 5:13 min/km

Rank in course/Total: 75 (of 191)

Rank in course/Men: 70 (of 151)

Best time in course: 1:14:14

Rank in category: 11(of 27)

Best time in the category: 1:19:05