



4. Park&See-Lauf

Hof / 01.10.2011

Detailed evaluation

Kempe, Dirk

Club: TV Längenau

Number: 60

Course: 21.10 km

Halbmarathon

Category:

Männer M40

Total time: 1:55:51

Speed: 10.88 km/h

Running performance: 5:29 min/km

Rank in course/Total: 95 (of 191)

Rank in course/Men: 88 (of 151)

Best time in course: 1:14:14

Rank in category: 31(of 39)

Best time in the category: 1:24:38