



4. Park&See-Lauf

Hof / 01.10.2011

Detailed evaluation

LARES, Helmut

Club: SpVgg Bayern Hof

Number: 123

Course: 21.10 km

Halbmarathon

Category:

Männer M55

Total time: 1:57:26

Speed: 10.73 km/h

Running performance: 5:34 min/km

Rank in course/Total: 97 (of 191)

Rank in course/Men: 90 (of 151)

Best time in course: 1:14:14

Rank in category: 5(of 7)

Best time in the category: 1:37:45