



4. Park&See-Lauf  
Hof / 01.10.2011

Detailed evaluation

Opitz, Volker

Club: Vineyard Hof  
Number: 59

Course: 21.10 km  
Halbmarathon

Category:  
Männer M40

Total time: 1:58:41

Speed: 10.62 km/h  
Running performance: 5:37 min/km

Rank in course/Total: 107 (of 191)

Rank in course/Men: 98 (of 151)

Best time in course: 1:14:14

Rank in category: 33(of 39)

Best time in the category: 1:24:38