



## 4. Park&See-Lauf

Hof / 01.10.2011

### Detailed evaluation

**Lonke, Marcus**

Club: Würzburg

Number: 18

Course: 21.10 km

Halbmarathon

Category:

Männer M30

Total time: 2:00:23

Speed: 10.47 km/h

Running performance: 5:43 min/km

Rank in course/Total: 109 (of 191)

Rank in course/Men: 100 (of 151)

Best time in course: 1:14:14

Rank in category: 12(of 18)

Best time in the category: 1:14:14