



## 4. Park&See-Lauf

Hof / 01.10.2011

### Detailed evaluation

Lonke, Freddy

Club: TV Rehau Sportfreunde

Number: 7

Course: 21.10 km

Halbmarathon

Category:

Männer M20

Total time: 2:00:23

Speed: 10.47 km/h

Running performance: 5:43 min/km

Rank in course/Total: 110 (of 191)

Rank in course/Men: 100 (of 151)

Best time in course: 1:14:14

Rank in category: 7(of 11)

Best time in the category: 1:18:48