



## 4. Park&See-Lauf

Hof / 01.10.2011

### Detailed evaluation

**Stödren, Heinrich**

Club: WSV Schwarzenbach a. Wald

Number: 560

Course: 21.10 km

Halbmarathon

Category:

Männer M45

Total time: 2:12:29

Speed: 9.51 km/h

Running performance: 6:17 min/km

Rank in course/Total: 150 (of 191)

Rank in course/Men: 127 (of 151)

Best time in course: 1:14:14

Rank in category: 21(of 27)

Best time in the category: 1:19:05