



4. Park&See-Lauf

Hof / 01.10.2011

Detailed evaluation

Laußman, Gerhard

Club: IfL Frankenbad

Number: 563

Course: 21.10 km

Halbmarathon

Category:

Männer M50

Total time: 2:12:30

Speed: 9.51 km/h

Running performance: 6:17 min/km

Rank in course/Total: 152 (of 191)

Rank in course/Men: 128 (of 151)

Best time in course: 1:14:14

Rank in category: 18(of 21)

Best time in the category: 1:37:39