



4. Park&See-Lauf

Hof / 01.10.2011

Detailed evaluation

Saalfrank, Siegfried

Club: Viessmann kool runnings

Number: 133

Course: 21.10 km

Halbmarathon

Category:

Männer M70

Total time: 2:12:55

Speed: 9.48 km/h

Running performance: 6:18 min/km

Rank in course/Total: 155 (of 191)

Rank in course/Men: 131 (of 151)

Best time in course: 1:14:14

Rank in category: 1(of 2)

Best time in the category: 2:12:55