



## 4. Park&See-Lauf

Hof / 01.10.2011

### Detailed evaluation

Urbanek, Jens

Club: REHAU AG & Co

Number: 31

Course: 21.10 km

Halbmarathon

Category:

Männer M35

Total time: 2:23:01

Speed: 8.81 km/h

Running performance: 6:47 min/km

Rank in course/Total: 176 (of 191)

Rank in course/Men: 142 (of 151)

Best time in course: 1:14:14

Rank in category: 14(of 15)

Best time in the category: 1:20:10