



4. Park&See-Lauf

Hof / 01.10.2011

Detailed evaluation

Appelt, Joachim

Club: Pößneck

Number: 134

Course: 21.10 km

Halbmarathon

Category:

Männer M70

Total time: 2:28:37

Speed: 8.48 km/h

Running performance: 7:02 min/km

Rank in course/Total: 182 (of 191)

Rank in course/Men: 145 (of 151)

Best time in course: 1:14:14

Rank in category: 2(of 2)

Best time in the category: 2:12:55