



4. Park&See-Lauf

Hof / 01.10.2011

Detailed evaluation

Lappat, Udo

Club: Neuhof-Apotheke

Number: 125

Course: 21.10 km

Halbmarathon

Category:

Männer M55

Total time: 2:36:52

Speed: 8.03 km/h

Running performance: 7:26 min/km

Rank in course/Total: 187 (of 191)

Rank in course/Men: 148 (of 151)

Best time in course: 1:14:14

Rank in category: 7(of 7)

Best time in the category: 1:37:45