



5. Park&See-Lauf

Hof / 06.10.2012

Detailed evaluation

Kasack, Daniel

Club: TV Ruppichteroth

Number: 457

Course: 21.10 km

Halbmarathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:22:41

Speed: 15.24 km/h

Running performance: 3:55 min/km

Rank in course/Total: 3 (of 237)

Rank in course/Men: 3 (of 195)

Best time in course: 1:16:59

Rank in category: 2(of 24)

Best time in the category: 1:16:59