



5. Park&See-Lauf

Hof / 06.10.2012

Detailed evaluation

Köppel, Alexander

Club: SG Regnitzlosau

Number: 44

Course: 21.10 km

Halbmarathon

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:36:23

Speed: 13.07 km/h

Running performance: 4:34 min/km

Rank in course/Total: 26 (of 237)

Rank in course/Men: 26 (of 195)

Best time in course: 1:16:59

Rank in category: 3(of 27)

Best time in the category: 1:28:46