



5. Park&See-Lauf
Hof / 06.10.2012

Detailed evaluation

Sinning, Detlef

Club: Cool Runnings Remtengrün
Number: 504

Course: 21.10 km
Halbmarathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:38:54

Speed: 12.74 km/h
Running performance: 4:41 min/km

Rank in course/Total: 32 (of 237)

Rank in course/Men: 32 (of 195)

Best time in course: 1:16:59

Rank in category: 7(of 34)

Best time in the category: 1:25:03