



5. Park&See-Lauf

Hof / 06.10.2012

Detailed evaluation

Zimmermann, Nobert

Club: Power Bären Rednitzhembach

Number: 459

Course: 21.10 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:41:25

Speed: 12.42 km/h

Running performance: 4:49 min/km

Rank in course/Total: 49 (of 237)

Rank in course/Men: 49 (of 195)

Best time in course: 1:16:59

Rank in category: 8(of 34)

Best time in the category: 1:25:03