



## 5. Park&See-Lauf

Hof / 06.10.2012

### Detailed evaluation

Opel, Oliver

Club: LAMILUXaktiv

Number: 4

Course: 21.10 km

Halbmarathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:44:02

Speed: 12.11 km/h

Running performance: 4:56 min/km

Rank in course/Total: 67 (of 237)

Rank in course/Men: 65 (of 195)

Best time in course: 1:16:59

Rank in category: 11(of 24)

Best time in the category: 1:16:59