



5. Park&See-Lauf

Hof / 06.10.2012

Detailed evaluation

Frisch, Johannes

Club: Hof

Number: 530

Course: 21.10 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:45:34

Speed: 11.94 km/h

Running performance: 5:00 min/km

Rank in course/Total: 72 (of 237)

Rank in course/Men: 69 (of 195)

Best time in course: 1:16:59

Rank in category: 10(of 34)

Best time in the category: 1:25:03