



5. Park&See-Lauf
Hof / 06.10.2012

Detailed evaluation

Lorenz, Helmuth

Club: WSV Nabburg
Number: 85

Course: 21.10 km
Halbmarathon

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:47:47

Speed: 11.69 km/h
Running performance: 5:07 min/km

Rank in course/Total: 91 (of 237)

Rank in course/Men: 87 (of 195)

Best time in course: 1:16:59

Rank in category: 16(of 34)

Best time in the category: 1:25:03