



5. Park&See-Lauf

Hof / 06.10.2012

Detailed evaluation

Heierth, Rainer

Club: SV Schambach

Number: 440

Course: 21.10 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:48:29

Speed: 11.61 km/h

Running performance: 5:08 min/km

Rank in course/Total: 100 (of 237)

Rank in course/Men: 95 (of 195)

Best time in course: 1:16:59

Rank in category: 18(of 34)

Best time in the category: 1:25:03