



## 5. Park&See-Lauf

Hof / 06.10.2012

### Detailed evaluation

Lonke, Freddy

Club: Hof

Number: 445

Course: 21.10 km

Halbmarathon

Category:

Männer (20-29 Jahre)

Total time: 1:48:54

Speed: 11.63 km/h

Running performance: 5:10 min/km

Rank in course/Total: 102 (of 237)

Rank in course/Men: 97 (of 195)

Best time in course: 1:16:59

Rank in category: 11(of 21)

Best time in the category: 1:21:22