



5. Park&See-Lauf
Hof / 06.10.2012

Detailed evaluation

Rödel, Gerhard

Club: Hof

Number: 2

Course: 21.10 km

Halbmarathon

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:52:04

Speed: 11.24 km/h

Running performance: 5:19 min/km

Rank in course/Total: 117 (of 237)

Rank in course/Men: 109 (of 195)

Best time in course: 1:16:59

Rank in category: 15(of 24)

Best time in the category: 1:16:59