



5. Park&See-Lauf
Hof / 06.10.2012

Detailed evaluation

Lares, Helmut

Club: SPVGG Bayern Hof
Number: 128

Course: 21.10 km
Halbmarathon

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:52:35

Speed: 11.19 km/h
Running performance: 5:20 min/km

Rank in course/Total: 120 (of 237)

Rank in course/Men: 112 (of 195)

Best time in course: 1:16:59

Rank in category: 7(of 12)

Best time in the category: 1:40:47