



5. Park&See-Lauf
Hof / 06.10.2012

Detailed evaluation

Jankowski, Ralf

Number: 415

Course: 21.10 km
Halbmarathon

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:54:08

Speed: 11.04 km/h

Running performance: 5:25 min/km

Rank in course/Total: 130 (of 237)

Rank in course/Men: 120 (of 195)

Best time in course: 1:16:59

Rank in category: 18(of 29)

Best time in the category: 1:27:52