



5. Park&See-Lauf  
Hof / 06.10.2012

## Detailed evaluation

**Saalfrank, Siegfried**

Club: Viessmann kool runnings  
Number: 147

Course: 21.10 km  
Halbmarathon

Category:  
Senioren M70 (70-74 Jahre)

Total time: 2:07:29

Speed: 9.88 km/h  
Running performance: 6:02 min/km

Rank in course/Total: 188 (of 237)

Rank in course/Men: 166 (of 195)

Best time in course: 1:16:59

Rank in category: 2(of 3)

Best time in the category: 1:59:39