



5. Park&See-Lauf

Hof / 06.10.2012

Detailed evaluation

Schlürmann, Birger

Club: Essen

Number: 65

Course: 21.10 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:24:08

Speed: 8.74 km/h

Running performance: 6:50 min/km

Rank in course/Total: 220 (of 237)

Rank in course/Men: 183 (of 195)

Best time in course: 1:16:59

Rank in category: 32(of 32)

Best time in the category: 1:26:05