



7. Radio Euroherz Park&See-Lauf

Hof / 04.10.2014

Detailed evaluation

Kaiser, Holger

Club: LATV Plauen

Number: 53

Course: 21.10 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:24:30

Speed: 14.91 km/h

Running performance: 4:00 min/km

Rank in course/Total: 11 (of 192)

Rank in course/Men: 11 (of 161)

Best time in course: 1:10:20

Rank in category: 4(of 27)

Best time in the category: 1:21:02