



## 7. Radio Euroherz Park&See-Lauf

Hof / 04.10.2014

### Detailed evaluation

#### Runneck, Wolfgang

Club: FC Niederlamitz

Number: 142

Course: 21.10 km

Halbmarathon

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:24:49

Speed: 14.93 km/h

Running performance: 4:01 min/km

Rank in course/Total: 12 (of 192)

Rank in course/Men: 12 (of 161)

Best time in course: 1:10:20

Rank in category: 5(of 27)

Best time in the category: 1:21:02