



3. Park&See-Lauf Hof  
Hof / 02.10.2010

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Saalfrank, Siegfried

□□: Viessmann kool runnings

□□: 185

□□: 21.10 km

Halbmarathon

□□□□:

Männer M70

□□□: 2:10:25

□□: 9.66 km/h

□□□□: 6:11 min/km

□□□□□/□□□: 205 (of 237)

□□□□□/□: 174 (of 195)

□□□□□□: 1:13:26

□□□□□: 3(of 4)

□□□□□□□: 1:45:38