



## 26. AVENIDA-Stauseelauf Hohenfelden

Hohenfelden / 01.06.2008

### Detailed evaluation

**Münch, Heiko**

Club: Erfurt  
Number: 205

Course: 14.00 km  
Hauptlauf

Category:  
Männer M40

Total time: 59:29

Speed: 14.12 km/h  
Running performance: 4:15 min/km

Rank in course/Total: 13 (of 133)

Rank in course/Men: 13 (of 106)

Best time in course: 51:13

Rank in category: 2(of 23)

Best time in the category: 51:34