



## 26. AVENIDA-Stauseelauf Hohenfelden

Hohenfelden / 01.06.2008

### Detailed evaluation

Zander, Frank

Club: Braunsbedra

Number: 209

Course: 14.00 km

Hauptlauf

Category:

Männer M45

Total time: 1:04:02

Speed: 13.12 km/h

Running performance: 4:34 min/km

Rank in course/Total: 25 (of 133)

Rank in course/Men: 24 (of 106)

Best time in course: 51:13

Rank in category: 3(of 25)

Best time in the category: 57:24