



## 26. AVENIDA-Stauseelauf Hohenfelden

Hohenfelden / 01.06.2008

### Detailed evaluation

**Esche, Karsten**

Club: LSV Lok Arnstadt

Number: 186

Course: 14.00 km

Hauptlauf

Category:

Männer M45

Total time: 1:05:50

Speed: 12.76 km/h

Running performance: 4:42 min/km

Rank in course/Total: 32 (of 133)

Rank in course/Men: 29 (of 106)

Best time in course: 51:13

Rank in category: 5(of 25)

Best time in the category: 57:24