



## 26. AVENIDA-Stauseelauf Hohenfelden

Hohenfelden / 01.06.2008

### Detailed evaluation

**Frauendorf, Alexander**

Club: Erfurt  
Number: 251

Course: 14.00 km  
Hauptlauf

Category:  
Männer M30

Total time: 1:07:00

Speed: 12.54 km/h  
Running performance: 4:47 min/km

Rank in course/Total: 38 (of 133)

Rank in course/Men: 35 (of 106)

Best time in course: 51:13

Rank in category: 4(of 6)

Best time in the category: 54:47