



## 27. AVENIDA-Stauseelauf Hohenfelden

Hohenfelden / 19.04.2009

### Detailed evaluation

**Aßmann, Holger**

Club: Triatlon Jena

Number: 2680

Course: 14.00 km

Hauptlauf

Category:

Männer M55

Total time: 1:05:32

Speed: 12.82 km/h

Running performance: 4:41 min/km

Rank in course/Total: 56 (of 187)

Rank in course/Men: 54 (of 144)

Best time in course: 50:22

Rank in category: 6(of 15)

Best time in the category: 56:07