



## 27. AVENIDA-Stauseelauf Hohenfelden

Hohenfelden / 19.04.2009

### Detailed evaluation

**Adam, Wolfgang**

Club: Sc impuls erfurt

Number: 2656

Course: 14.00 km

Hauptlauf

Category:

Männer M40

Total time: 1:07:34

Speed: 12.43 km/h

Running performance: 4:50 min/km

Rank in course/Total: 65 (of 187)

Rank in course/Men: 62 (of 144)

Best time in course: 50:22

Rank in category: 11(of 17)

Best time in the category: 50:41