



## 27. AVENIDA-Stauseelauf Hohenfelden

Hohenfelden / 19.04.2009

### Detailed evaluation

**Bondkowski, Martin**

Club: AC Apolda

Number: 2674

Course: 14.00 km

Hauptlauf

Category:

Männer M55

Total time: 1:08:14

Speed: 12.31 km/h

Running performance: 4:52 min/km

Rank in course/Total: 72 (of 187)

Rank in course/Men: 69 (of 144)

Best time in course: 50:22

Rank in category: 7(of 15)

Best time in the category: 56:07