



## 27. AVENIDA-Stauseelauf Hohenfelden

Hohenfelden / 19.04.2009

### Detailed evaluation

**Sauerwald, Bernd**

Club: Lauffreunde Gotha

Number: 2701

Course: 14.00 km

Hauptlauf

Category:

Männer M45

Total time: 1:09:37

Speed: 12.07 km/h

Running performance: 4:58 min/km

Rank in course/Total: 81 (of 187)

Rank in course/Men: 76 (of 144)

Best time in course: 50:22

Rank in category: 15(of 27)

Best time in the category: 54:49