



## 27. AVENIDA-Stauseelauf Hohenfelden

Hohenfelden / 19.04.2009

### Detailed evaluation

**Zippel, Wolfgang**

Club: Jena Chdem

Number: 2569

Course: 14.00 km

Hauptlauf

Category:

Männer M30

Total time: 1:09:37

Speed: 12.07 km/h

Running performance: 4:58 min/km

Rank in course/Total: 82 (of 187)

Rank in course/Men: 77 (of 144)

Best time in course: 50:22

Rank in category: 5(of 10)

Best time in the category: 53:06