



27. AVENIDA-Stauseelauf Hohenfelden

Hohenfelden / 19.04.2009

Detailed evaluation

Koske, Christian

Club: Niedergrunstedt

Number: 2592

Course: 14.00 km

Hauptlauf

Category:

Männer M60

Total time: 1:10:32

Speed: 11.91 km/h

Running performance: 5:02 min/km

Rank in course/Total: 92 (of 187)

Rank in course/Men: 84 (of 144)

Best time in course: 50:22

Rank in category: 6(of 10)

Best time in the category: 1:02:14