



## 27. AVENIDA-Stauseelauf Hohenfelden

Hohenfelden / 19.04.2009

### Detailed evaluation

**Niodus, Martina**

Club: Erfurt

Number: 2730

Course: 14.00 km

Hauptlauf

Category:

Frauen W40

Total time: 1:12:20

Speed: 11.61 km/h

Running performance: 5:10 min/km

Rank in course/Total: 105 (of 187)

Rank in course/Women: 14 (of 43)

Best time in course: 1:02:43

Rank in category: 5(of 11)

Best time in the category: 1:04:02