



27. AVENIDA-Stauseelauf Hohenfelden

Hohenfelden / 19.04.2009

Detailed evaluation

Heise, Ralf

Club: sc impuls erfurt

Number: 2579

Course: 14.00 km

Hauptlauf

Category:

Männer M30

Total time: 1:13:26

Speed: 11.44 km/h

Running performance: 5:15 min/km

Rank in course/Total: 111 (of 187)

Rank in course/Men: 95 (of 144)

Best time in course: 50:22

Rank in category: 7(of 10)

Best time in the category: 53:06