



27. AVENIDA-Stauseelauf Hohenfelden

Hohenfelden / 19.04.2009

Detailed evaluation

Haferanke, Manfred

Club: Lauffreunde Gotha

Number: 2588

Course: 14.00 km

Hauptlauf

Category:

Männer M55

Total time: 1:14:09

Speed: 11.33 km/h

Running performance: 5:18 min/km

Rank in course/Total: 115 (of 187)

Rank in course/Men: 98 (of 144)

Best time in course: 50:22

Rank in category: 9(of 15)

Best time in the category: 56:07