



27. AVENIDA-Stauseelauf Hohenfelden

Hohenfelden / 19.04.2009

Detailed evaluation

Helle, Frank

Club: Goldbach

Number: 2702

Course: 14.00 km

Hauptlauf

Category:

Männer M45

Total time: 1:17:26

Speed: 10.85 km/h

Running performance: 5:32 min/km

Rank in course/Total: 132 (of 187)

Rank in course/Men: 110 (of 144)

Best time in course: 50:22

Rank in category: 21(of 27)

Best time in the category: 54:49