



27. AVENIDA-Stauseelauf Hohenfelden

Hohenfelden / 19.04.2009

Detailed evaluation

Lesser, Holger

Club: Gotha

Number: 2586

Course: 14.00 km

Hauptlauf

Category:

Männer M45

Total time: 1:17:51

Speed: 10.79 km/h

Running performance: 5:34 min/km

Rank in course/Total: 134 (of 187)

Rank in course/Men: 112 (of 144)

Best time in course: 50:22

Rank in category: 22(of 27)

Best time in the category: 54:49