



## 27. AVENIDA-Stauseelauf Hohenfelden

Hohenfelden / 19.04.2009

### Detailed evaluation

**Wogawa, Frank**

Club: 1. SV Gera

Number: 2749

Course: 14.00 km

Hauptlauf

Category:

Männer M45

Total time: 1:25:09

Speed: 9.86 km/h

Running performance: 6:05 min/km

Rank in course/Total: 162 (of 187)

Rank in course/Men: 131 (of 144)

Best time in course: 50:22

Rank in category: 25(of 27)

Best time in the category: 54:49