



## 27. AVENIDA-Stauseelauf Hohenfelden

Hohenfelden / 19.04.2009

### Detailed evaluation

**Sichert, Bernd**

Club: Lauflos Bad Berka U9

Number: 2563

Course: 14.00 km

Hauptlauf

Category:

Männer M45

Total time: 1:27:00

Speed: 9.66 km/h

Running performance: 6:13 min/km

Rank in course/Total: 169 (of 187)

Rank in course/Men: 136 (of 144)

Best time in course: 50:22

Rank in category: 27(of 27)

Best time in the category: 54:49