



## 27. AVENIDA-Stauseelauf Hohenfelden

Hohenfelden / 19.04.2009

### Detailed evaluation

**Metz, Karin**

Club: Spargelläufer Herbsleben

Number: 2581

Course: 14.00 km

Hauptlauf

Category:

Frauen W55

Total time: 1:36:30

Speed: 8.70 km/h

Running performance: 6:53 min/km

Rank in course/Total: 180 (of 187)

Rank in course/Women: 40 (of 43)

Best time in course: 1:02:43

Rank in category: 3(of 3)

Best time in the category: 1:13:15