



27. AVENIDA-Stauseelauf Hohenfelden

Hohenfelden / 19.04.2009

Detailed evaluation

Meister, Frank

Club: Lauffreunde Gotha

Number: 2707

Course: 14.00 km

Hauptlauf

Category:

Männer M45

Total time: 54:49

Speed: 15.32 km/h

Running performance: 3:55 min/km

Rank in course/Total: 5 (of 187)

Rank in course/Men: 5 (of 144)

Best time in course: 50:22

Rank in category: 1(of 27)

Best time in the category: 54:49