



27. AVENIDA-Stauseelauf Hohenfelden

Hohenfelden / 19.04.2009

Detailed evaluation

Trogisch, Volker

Club: VfL 28 Ellrich

Number: 2593

Course: 14.00 km

Hauptlauf

Category:

Männer M40

Total time: 56:28

Speed: 14.88 km/h

Running performance: 4:02 min/km

Rank in course/Total: 11 (of 187)

Rank in course/Men: 11 (of 144)

Best time in course: 50:22

Rank in category: 2(of 17)

Best time in the category: 50:41