



27. AVENIDA-Stauseelauf Hohenfelden

Hohenfelden / 19.04.2009

Detailed evaluation

Münch, Heiko

Club: sc impuls erfurt

Number: 2608

Course: 14.00 km

Hauptlauf

Category:

Männer M40

Total time: 56:45

Speed: 14.80 km/h

Running performance: 4:03 min/km

Rank in course/Total: 13 (of 187)

Rank in course/Men: 13 (of 144)

Best time in course: 50:22

Rank in category: 3(of 17)

Best time in the category: 50:41