



27. AVENIDA-Stauseelauf Hohenfelden

Hohenfelden / 19.04.2009

Detailed evaluation

Wernecke, Karl-Ernst

Club: VFL 28 Ellrich

Number: 2568

Course: 14.00 km

Hauptlauf

Category:

Männer M55

Total time: 57:31

Speed: 14.60 km/h

Running performance: 4:07 min/km

Rank in course/Total: 15 (of 187)

Rank in course/Men: 15 (of 144)

Best time in course: 50:22

Rank in category: 2(of 15)

Best time in the category: 56:07