



## 27. AVENIDA-Stauseelauf Hohenfelden

Hohenfelden / 19.04.2009

### Detailed evaluation

**Seibold, Michael**

Club: Erfurt

Number: 2732

Course: 14.00 km

Hauptlauf

Category:

Männer M35

Total time: 58:25

Speed: 14.38 km/h

Running performance: 4:10 min/km

Rank in course/Total: 18 (of 187)

Rank in course/Men: 18 (of 144)

Best time in course: 50:22

Rank in category: 2(of 15)

Best time in the category: 57:10