



## 27. AVENIDA-Stauseelauf Hohenfelden

Hohenfelden / 19.04.2009

### Detailed evaluation

**Held, Matthias**

Club: Sc impuls erfurt

Number: 2654

Course: 14.00 km

Hauptlauf

Category:

Männer M35

Total time: 58:33

Speed: 14.35 km/h

Running performance: 4:11 min/km

Rank in course/Total: 19 (of 187)

Rank in course/Men: 19 (of 144)

Best time in course: 50:22

Rank in category: 3(of 15)

Best time in the category: 57:10