



## 27. AVENIDA-Stauseelauf Hohenfelden

Hohenfelden / 19.04.2009

### Detailed evaluation

**Frontke, Thomas**

Club: Bickenriede

Number: 2571

Course: 14.00 km

Hauptlauf

Category:

Männer M45

Total time: 1:00:13

Speed: 13.95 km/h

Running performance: 4:18 min/km

Rank in course/Total: 29 (of 187)

Rank in course/Men: 29 (of 144)

Best time in course: 50:22

Rank in category: 6(of 27)

Best time in the category: 54:49