



27. AVENIDA-Stauseelauf Hohenfelden

Hohenfelden / 19.04.2009

Detailed evaluation

Beyer, Steffen

Club: VfL 28 Ellrich

Number: 2676

Course: 14.00 km

Hauptlauf

Category:

Männer M45

Total time: 1:00:51

Speed: 13.80 km/h

Running performance: 4:21 min/km

Rank in course/Total: 30 (of 187)

Rank in course/Men: 30 (of 144)

Best time in course: 50:22

Rank in category: 7(of 27)

Best time in the category: 54:49