



## 27. AVENIDA-Stauseelauf Hohenfelden

Hohenfelden / 19.04.2009

### Detailed evaluation

**Ohlhorst, Frank**

Club: Rudolstadt

Number: 2555

Course: 14.00 km

Hauptlauf

Category:

Männer M45

Total time: 1:00:56

Speed: 13.79 km/h

Running performance: 4:21 min/km

Rank in course/Total: 31 (of 187)

Rank in course/Men: 31 (of 144)

Best time in course: 50:22

Rank in category: 8(of 27)

Best time in the category: 54:49