



## 27. AVENIDA-Stauseelauf Hohenfelden

Hohenfelden / 19.04.2009

### Detailed evaluation

**Herrmann, Maik**

Club: Laufftreff Arnstadt

Number: 2705

Course: 14.00 km

Hauptlauf

Category:

Männer M30

Total time: 1:03:09

Speed: 13.30 km/h

Running performance: 4:31 min/km

Rank in course/Total: 38 (of 187)

Rank in course/Men: 37 (of 144)

Best time in course: 50:22

Rank in category: 3(of 10)

Best time in the category: 53:06