



28. AVENIDA-Stauseelauf Hohenfelden

Freizeitpark Hohenfelden / 30.05.2010

Detailed evaluation

Heise, Ralf

Club: sc impuls erfurt

Number: 550

Course: 14.00 km

Hauptlauf

Category:

Männer M30

Total time: 1:11:37

Speed: 11.73 km/h

Running performance: 5:07 min/km

Rank in course/Total: 105 (of 196)

Rank in course/Men: 91 (of 150)

Best time in course: 49:33

Rank in category: 8(of 11)

Best time in the category: 52:01