



28. AVENIDA-Stauseelauf Hohenfelden

Freizeitpark Hohenfelden / 30.05.2010

Detailed evaluation

Koske, Christian

Club: Niedergrunstedt

Number: 579

Course: 14.00 km

Hauptlauf

Category:

Männer M60

Total time: 1:11:58

Speed: 11.67 km/h

Running performance: 5:08 min/km

Rank in course/Total: 107 (of 196)

Rank in course/Men: 93 (of 150)

Best time in course: 49:33

Rank in category: 9(of 15)

Best time in the category: 59:00