



## 28. AVENIDA-Stauseelauf Hohenfelden

Freizeitpark Hohenfelden / 30.05.2010

### Detailed evaluation

**Keilhau, Ralf**

Club: LAC Rudolstadt

Number: 681

Course: 14.00 km

Hauptlauf

Category:

Männer M45

Total time: 1:13:08

Speed: 11.49 km/h

Running performance: 5:13 min/km

Rank in course/Total: 117 (of 196)

Rank in course/Men: 102 (of 150)

Best time in course: 49:33

Rank in category: 26(of 32)

Best time in the category: 55:51