



## 28. AVENIDA-Stauseelauf Hohenfelden

Freizeitpark Hohenfelden / 30.05.2010

### Detailed evaluation

**Ludwig, Frank**

Club: Deura Haus

Number: 685

Course: 14.00 km

Hauptlauf

Category:

Männer M45

Total time: 1:13:29

Speed: 11.43 km/h

Running performance: 5:15 min/km

Rank in course/Total: 118 (of 196)

Rank in course/Men: 103 (of 150)

Best time in course: 49:33

Rank in category: 27(of 32)

Best time in the category: 55:51