



28. AVENIDA-Stauseelauf Hohenfelden

Freizeitpark Hohenfelden / 30.05.2010

Detailed evaluation

Dege, Beate

Club: LTV Erfurt

Number: 515

Course: 14.00 km

Hauptlauf

Category:

Frauen W45

Total time: 1:14:02

Speed: 11.35 km/h

Running performance: 5:17 min/km

Rank in course/Total: 120 (of 196)

Rank in course/Women: 17 (of 46)

Best time in course: 1:01:46

Rank in category: 4(of 11)

Best time in the category: 1:07:18