



## 28. AVENIDA-Stauseelauf Hohenfelden

Freizeitpark Hohenfelden / 30.05.2010

### Detailed evaluation

**Berndt, Roland**

Club: Erfurt  
Number: 738

Course: 14.00 km  
Hauptlauf

Category:  
Männer M55

Total time: 1:16:53

Speed: 10.93 km/h  
Running performance: 5:29 min/km

Rank in course/Total: 130 (of 196)

Rank in course/Men: 111 (of 150)

Best time in course: 49:33

Rank in category: 9(of 15)

Best time in the category: 1:01:38