



28. AVENIDA-Stauseelauf Hohenfelden

Freizeitpark Hohenfelden / 30.05.2010

Detailed evaluation

Förkel, Detlev

Club: Weimar

Number: 538

Course: 14.00 km

Hauptlauf

Category:

Männer M45

Total time: 57:05

Speed: 14.72 km/h

Running performance: 4:05 min/km

Rank in course/Total: 15 (of 196)

Rank in course/Men: 15 (of 150)

Best time in course: 49:33

Rank in category: 3(of 32)

Best time in the category: 55:51