



## 28. AVENIDA-Stauseelauf Hohenfelden

Freizeitpark Hohenfelden / 30.05.2010

### Detailed evaluation

**Münch, Heiko**

Club: sc impuls erfurt

Number: 609

Course: 14.00 km

Hauptlauf

Category:

Männer M45

Total time: 58:15

Speed: 14.42 km/h

Running performance: 4:10 min/km

Rank in course/Total: 21 (of 196)

Rank in course/Men: 21 (of 150)

Best time in course: 49:33

Rank in category: 7(of 32)

Best time in the category: 55:51