



28. AVENIDA-Stauseelauf Hohenfelden

Freizeitpark Hohenfelden / 30.05.2010

Detailed evaluation

Gloger, Andreas

Club: VfL 28 Ellrich

Number: 697

Course: 14.00 km

Hauptlauf

Category:

Männer M45

Total time: 59:00

Speed: 14.24 km/h

Running performance: 4:13 min/km

Rank in course/Total: 23 (of 196)

Rank in course/Men: 23 (of 150)

Best time in course: 49:33

Rank in category: 8(of 32)

Best time in the category: 55:51