



28. AVENIDA-Stauseelauf Hohenfelden

Freizeitpark Hohenfelden / 30.05.2010

Detailed evaluation

Spantig, Jörg

Club: LTV Erfurt

Number: 632

Course: 14.00 km

Hauptlauf

Category:

Männer M35

Total time: 1:00:53

Speed: 13.80 km/h

Running performance: 4:21 min/km

Rank in course/Total: 31 (of 196)

Rank in course/Men: 31 (of 150)

Best time in course: 49:33

Rank in category: 3(of 9)

Best time in the category: 53:51