



28. AVENIDA-Stauseelauf Hohenfelden

Freizeitpark Hohenfelden / 30.05.2010

Detailed evaluation

Seidler, Berd

Club: stadtilm

Number: 702

Course: 14.00 km

Hauptlauf

Category:

Männer M45

Total time: 1:01:41

Speed: 13.62 km/h

Running performance: 4:25 min/km

Rank in course/Total: 38 (of 196)

Rank in course/Men: 38 (of 150)

Best time in course: 49:33

Rank in category: 12(of 32)

Best time in the category: 55:51