



30. AVENIDA-Stauseelauf  
Freizeitpark Hohenfelden / 20.05.2012

Detailed evaluation

**Elsner, Michael**

Club: LG Apolda  
Number: 1516

Course: 14.00 km  
Hauptlauf

Category:  
Männer M40

Total time: 1:08:46

Speed: 12.22 km/h  
Running performance: 4:55 min/km

Rank in course/Total: 60 (of 205)

Rank in course/Men: 56 (of 154)

Best time in course: 51:27

Rank in category: 16(of 30)

Best time in the category: 57:13