



30. AVENIDA-Stauseelauf  
Freizeitpark Hohenfelden / 20.05.2012

Detailed evaluation

Herold, Michael

Club: Weimar  
Number: 1714

Course: 14.00 km  
Hauptlauf

Category:  
Männer M45

Total time: 1:10:00

Speed: 12.00 km/h  
Running performance: 5:00 min/km

Rank in course/Total: 69 (of 205)

Rank in course/Men: 64 (of 154)

Best time in course: 51:27

Rank in category: 13(of 27)

Best time in the category: 58:04