



30. AVENIDA-Stauseelauf  
Freizeitpark Hohenfelden / 20.05.2012

Detailed evaluation

Sparbrod, Jörg

Club: Erfurt  
Number: 1729

Course: 14.00 km  
Hauptlauf

Category:  
Männer M45

Total time: 1:12:35

Speed: 11.57 km/h  
Running performance: 5:11 min/km

Rank in course/Total: 84 (of 205)

Rank in course/Men: 75 (of 154)

Best time in course: 51:27

Rank in category: 16(of 27)

Best time in the category: 58:04