



30. AVENIDA-Stauseelauf  
Freizeitpark Hohenfelden / 20.05.2012

Detailed evaluation

Theeg, Katrin

Club: SV Emsetal  
Number: 1779

Course: 14.00 km  
Hauptlauf

Category:  
Frauen W45

Total time: 1:13:36

Speed: 11.41 km/h  
Running performance: 5:16 min/km

Rank in course/Total: 92 (of 205)  
Rank in course/Women: 12 (of 51)  
Best time in course: 1:04:24

Rank in category: 5(of 12)  
Best time in the category: 1:04:42