



30. AVENIDA-Stauseelauf  
Freizeitpark Hohenfelden / 20.05.2012

Detailed evaluation

**Basekow, Hardy**

Club: Weimar  
Number: 1778

Course: 14.00 km  
Hauptlauf

Category:  
Männer M45

Total time: 1:14:55

Speed: 11.21 km/h  
Running performance: 5:21 min/km

Rank in course/Total: 99 (of 205)

Rank in course/Men: 87 (of 154)

Best time in course: 51:27

Rank in category: 19(of 27)

Best time in the category: 58:04