



30. AVENIDA-Stauseelauf
Freizeitpark Hohenfelden / 20.05.2012

Detailed evaluation

Heise, Ralf

Club: sc impuls Erfurt
Number: 1542

Course: 14.00 km
Hauptlauf

Category:
Männer M35

Total time: 1:15:45

Speed: 11.09 km/h
Running performance: 5:25 min/km

Rank in course/Total: 103 (of 205)

Rank in course/Men: 91 (of 154)

Best time in course: 51:27

Rank in category: 8(of 13)

Best time in the category: 1:00:50