



30. AVENIDA-Stauseelauf
Freizeitpark Hohenfelden / 20.05.2012

Detailed evaluation

Grucza, Frank-Peter

Club: Lauffreunde Gotha e.V.
Number: 1533

Course: 14.00 km
Hauptlauf

Category:
Männer M50

Total time: 1:16:23

Speed: 11.00 km/h
Running performance: 5:28 min/km

Rank in course/Total: 104 (of 205)

Rank in course/Men: 92 (of 154)

Best time in course: 51:27

Rank in category: 15(of 23)

Best time in the category: 59:12