



30. AVENIDA-Stauseelauf  
Freizeitpark Hohenfelden / 20.05.2012

Detailed evaluation

Lünser, Christian

Club: BSG Steigerwald Egstedt  
Number: 1755

Course: 14.00 km  
Hauptlauf

Category:  
Männer M30

Total time: 1:16:56

Speed: 10.92 km/h  
Running performance: 5:30 min/km

Rank in course/Total: 109 (of 205)

Rank in course/Men: 96 (of 154)

Best time in course: 51:27

Rank in category: 11(of 13)

Best time in the category: 54:19