



30. AVENIDA-Stauseelauf  
Freizeitpark Hohenfelden / 20.05.2012

Detailed evaluation

Rattmann, Ellen

Club: Gotha  
Number: 1600

Course: 14.00 km  
Hauptlauf

Category:  
Frauen W45

Total time: 1:17:40

Speed: 10.82 km/h  
Running performance: 5:33 min/km

Rank in course/Total: 112 (of 205)

Rank in course/Women: 15 (of 51)

Best time in course: 1:04:24

Rank in category: 6(of 12)

Best time in the category: 1:04:42