



30. AVENIDA-Stauseelauf
Freizeitpark Hohenfelden / 20.05.2012

Detailed evaluation

Berndt, Roland

Club: Erfurt
Number: 1773

Course: 14.00 km
Hauptlauf

Category:
Männer M60

Total time: 1:17:41

Speed: 10.81 km/h
Running performance: 5:33 min/km

Rank in course/Total: 113 (of 205)

Rank in course/Men: 98 (of 154)

Best time in course: 51:27

Rank in category: 5(of 13)

Best time in the category: 1:03:15