



30. AVENIDA-Stauseelauf  
Freizeitpark Hohenfelden / 20.05.2012

Detailed evaluation

Seidenath, Tom

Club: LG Schoppendorf  
Number: 1731

Course: 14.00 km  
Hauptlauf

Category:  
Männer M30

Total time: 1:18:47

Speed: 10.66 km/h  
Running performance: 5:38 min/km

Rank in course/Total: 125 (of 205)

Rank in course/Men: 107 (of 154)

Best time in course: 51:27

Rank in category: 13(of 13)

Best time in the category: 54:19