



30. AVENIDA-Stauseelauf  
Freizeitpark Hohenfelden / 20.05.2012

Detailed evaluation

Knoll, Michael

Club: LG Bad Frankenhausen  
Number: 1666

Course: 14.00 km  
Hauptlauf

Category:  
Männer M45

Total time: 1:19:12

Speed: 10.61 km/h  
Running performance: 5:40 min/km

Rank in course/Total: 130 (of 205)

Rank in course/Men: 110 (of 154)

Best time in course: 51:27

Rank in category: 22(of 27)

Best time in the category: 58:04