



30. AVENIDA-Stauseelauf
Freizeitpark Hohenfelden / 20.05.2012

Detailed evaluation

Dehmel, Gerhard

Club: ThWV Ilmenau

Number: 1654

Course: 14.00 km

Hauptlauf

Category:

Männer M70

Total time: 1:19:41

Speed: 10.54 km/h

Running performance: 5:41 min/km

Rank in course/Total: 133 (of 205)

Rank in course/Men: 111 (of 154)

Best time in course: 51:27

Rank in category: 3(of 6)

Best time in the category: 1:12:32