



30. AVENIDA-Stauseelauf  
Freizeitpark Hohenfelden / 20.05.2012

Detailed evaluation

Lipfert, Kai-Uwe

Club: Saalfelder LV  
Number: 1575

Course: 14.00 km  
Hauptlauf

Category:  
Männer M45

Total time: 1:22:16

Speed: 10.21 km/h  
Running performance: 5:53 min/km

Rank in course/Total: 152 (of 205)

Rank in course/Men: 126 (of 154)

Best time in course: 51:27

Rank in category: 24(of 27)

Best time in the category: 58:04