



30. AVENIDA-Stauseelauf  
Freizeitpark Hohenfelden / 20.05.2012

Detailed evaluation

Rudolph, Manja

Club: Erfurt  
Number: 1687

Course: 14.00 km  
Hauptlauf

Category:  
Frauen W35

Total time: 1:27:24

Speed: 9.61 km/h  
Running performance: 6:14 min/km

Rank in course/Total: 170 (of 205)

Rank in course/Women: 33 (of 51)

Best time in course: 1:04:24

Rank in category: 8(of 9)

Best time in the category: 1:04:54