



30. AVENIDA-Stauseelauf
Freizeitpark Hohenfelden / 20.05.2012

Detailed evaluation

Rasch, Ingo

Club: Erfurt
Number: 1664

Course: 14.00 km
Hauptlauf

Category:
Männer M45

Total time: 1:30:52

Speed: 9.24 km/h
Running performance: 6:29 min/km

Rank in course/Total: 182 (of 205)

Rank in course/Men: 143 (of 154)

Best time in course: 51:27

Rank in category: 27(of 27)

Best time in the category: 58:04