



30. AVENIDA-Stauseelauf  
Freizeitpark Hohenfelden / 20.05.2012

Detailed evaluation

**Biewendt, Frank**

Club: Kranichfeld  
Number: 1790

Course: 14.00 km  
Hauptlauf

Category:  
Männer M55

Total time: 1:32:42

Speed: 9.06 km/h  
Running performance: 6:37 min/km

Rank in course/Total: 186 (of 205)

Rank in course/Men: 147 (of 154)

Best time in course: 51:27

Rank in category: 6(of 6)

Best time in the category: 58:33