



30. AVENIDA-Stauseelauf  
Freizeitpark Hohenfelden / 20.05.2012

Detailed evaluation

Förkel, Detlev

Club: LC Auensee Leipzig  
Number: 1527

Course: 14.00 km  
Hauptlauf

Category:  
Männer M45

Total time: 58:04

Speed: 14.47 km/h  
Running performance: 4:09 min/km

Rank in course/Total: 7 (of 205)

Rank in course/Men: 7 (of 154)

Best time in course: 51:27

Rank in category: 1(of 27)

Best time in the category: 58:04