



30. AVENIDA-Stauseelauf  
Freizeitpark Hohenfelden / 20.05.2012

Detailed evaluation

Herrmann, Michael

Club: sc impuls erfurt  
Number: 1548

Course: 14.00 km  
Hauptlauf

Category:  
Männer M55

Total time: 58:33

Speed: 14.35 km/h  
Running performance: 4:11 min/km

Rank in course/Total: 9 (of 205)

Rank in course/Men: 9 (of 154)

Best time in course: 51:27

Rank in category: 1(of 6)

Best time in the category: 58:33