



30. AVENIDA-Stauseelauf  
Freizeitpark Hohenfelden / 20.05.2012

Detailed evaluation

Hamsch- Friske, Oliver

Club: USV Erfurt  
Number: 1764

Course: 14.00 km  
Hauptlauf

Category:  
Männer M40

Total time: 1:04:48

Speed: 12.96 km/h  
Running performance: 4:38 min/km

Rank in course/Total: 37 (of 205)

Rank in course/Men: 35 (of 154)

Best time in course: 51:27

Rank in category: 11(of 30)

Best time in the category: 57:13