



4. Lauf Rund um das Schaubergwerk Röhrigschacht Sangerhausen / 31.03.2012

Detailed evaluation

Gilbricht, Holger

Club: Radegast

Number: 164

Course: 14.00 km

Steigerschleife

Category:

Männer M45

Total time: 1:15:13

Speed: 11.17 km/h

Running performance: 5:22 min/km

Rank in course/Total: 16 (of 70)

Rank in course/Men: 16 (of 64)

Best time in course: 57:04

Rank in category: 4(of 10)

Best time in the category: 1:02:56