



28. Abend-Berg-Lauf Friedrichroda, 14 Crosslauf für Schüler
Friedrichroda / 04.05.2012

Detailed evaluation

Albrecht, Stefan

Club: SV Emsetal

Number: 125

Course: 13.20 km

Berglauf lang

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:03:47

Speed: 12.23 km/h

Running performance: 4:50 min/km

Rank in course/Total: 23 (of 99)

Rank in course/Men: 23 (of 79)

Best time in course: 52:32

Rank in category: 4(of 22)

Best time in the category: 57:15