



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

Detailed evaluation

**Stephan, Guido**

Club: MTV 1966 Erfurt  
Number: 84

Course: 13.20 km  
Berglauf lang

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:07:23

Speed: 11.58 km/h  
Running performance: 5:06 min/km

Rank in course/Total: 45 (of 99)

Rank in course/Men: 41 (of 79)

Best time in course: 52:32

Rank in category: 9(of 22)

Best time in the category: 57:15