



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

Detailed evaluation

HOWARD, @

Club: Friedrichroda

Number: 20

Course: 13.20 km

Berglauf lang

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:07:40

Speed: 11.70 km/h

Running performance: 5:08 min/km

Rank in course/Total: 47 (of 99)

Rank in course/Men: 43 (of 79)

Best time in course: 52:32

Rank in category: 9(of 14)

Best time in the category: 54:22