



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

Detailed evaluation

Saft, Bernd

Club: LG Friedrichroda
Number: 180

Course: 13.20 km
Berglauf lang

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:08:59

Speed: 11.31 km/h
Running performance: 5:14 min/km

Rank in course/Total: 51 (of 99)

Rank in course/Men: 47 (of 79)

Best time in course: 52:32

Rank in category: 8(of 11)

Best time in the category: 56:10