



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

Detailed evaluation

Nitzschke, Alexander

Club: Dudes Power Team

Number: 181

Course: 13.20 km

Berglauf lang

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:10:03

Speed: 11.13 km/h

Running performance: 5:19 min/km

Rank in course/Total: 56 (of 99)

Rank in course/Men: 52 (of 79)

Best time in course: 52:32

Rank in category: 8(of 8)

Best time in the category: 52:58