



29. Abend-Berg-Lauf Friedrichroda

Friedrichroda / 03.05.2013

Detailed evaluation

Fischer, Michael

Club: Immelborn

Number: 216

Course: 6.90 km

Berglauf kurz

Category:

Senioren M30 (30-34 Jahre)

Total time: 31:46

Speed: 11.33 km/h

Running performance: 4:36 min/km

Rank in course/Total: 10 (of 84)

Rank in course/Men: 9 (of 61)

Best time in course: 29:46

Rank in category: 3(of 4)

Best time in the category: 30:13