



29. Abend-Berg-Lauf Friedrichroda

Friedrichroda / 03.05.2013

Detailed evaluation

Kitzing, Veit

Club: Laufftreff Breitungen

Number: 426

Course: 13.20 km

Berglauf lang

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:00:34

Speed: 13.08 km/h

Running performance: 4:35 min/km

Rank in course/Total: 17 (of 90)

Rank in course/Men: 16 (of 74)

Best time in course: 51:51

Rank in category: 3(of 13)

Best time in the category: 56:22