



29. Abend-Berg-Lauf Friedrichroda

Friedrichroda / 03.05.2013

Detailed evaluation

Gothe, Stefan

Club: Triathlon Friedrichroda

Number: 355

Course: 13.20 km

Berglauf lang

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:01:03

Speed: 12.78 km/h

Running performance: 4:38 min/km

Rank in course/Total: 18 (of 90)

Rank in course/Men: 17 (of 74)

Best time in course: 51:51

Rank in category: 4(of 8)

Best time in the category: 55:37