



29. Abend-Berg-Lauf Friedrichroda

Friedrichroda / 03.05.2013

Detailed evaluation

Schmidt, Jan

Club: TC-Suhl

Number: 404

Course: 13.20 km

Berglauf lang

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:03:10

Speed: 12.35 km/h

Running performance: 4:47 min/km

Rank in course/Total: 22 (of 90)

Rank in course/Men: 21 (of 74)

Best time in course: 51:51

Rank in category: 3(of 9)

Best time in the category: 52:38