



29. Abend-Berg-Lauf Friedrichroda

Friedrichroda / 03.05.2013

Detailed evaluation

Albrecht, Stefan

Club: SV Emsetal

Number: 396

Course: 13.20 km

Berglauf lang

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:03:32

Speed: 12.28 km/h

Running performance: 4:49 min/km

Rank in course/Total: 24 (of 90)

Rank in course/Men: 23 (of 74)

Best time in course: 51:51

Rank in category: 4(of 13)

Best time in the category: 56:22