



29. Abend-Berg-Lauf Friedrichroda

Friedrichroda / 03.05.2013

Detailed evaluation

Schönknecht, Mario

Club: ZSG Waltershausen

Number: 214

Course: 6.90 km

Berglauf kurz

Category:

Senioren M45 (45-49 Jahre)

Total time: 31:49

Speed: 11.31 km/h

Running performance: 4:37 min/km

Rank in course/Total: 11 (of 84)

Rank in course/Men: 10 (of 61)

Best time in course: 29:46

Rank in category: 2(of 9)

Best time in the category: 31:39