



29. Abend-Berg-Lauf Friedrichroda

Friedrichroda / 03.05.2013

Detailed evaluation

Kißling, Stefan

Club: Triathlon Friedrichroda

Number: 410

Course: 13.20 km

Berglauf lang

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:03:54

Speed: 12.21 km/h

Running performance: 4:50 min/km

Rank in course/Total: 26 (of 90)

Rank in course/Men: 24 (of 74)

Best time in course: 51:51

Rank in category: 7(of 11)

Best time in the category: 51:51