



29. Abend-Berg-Lauf Friedrichroda

Friedrichroda / 03.05.2013

Detailed evaluation

Frank, Jörg

Club: Tambach-Dietharz

Number: 395

Course: 13.20 km

Berglauf lang

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:04:44

Speed: 12.05 km/h

Running performance: 4:54 min/km

Rank in course/Total: 28 (of 90)

Rank in course/Men: 26 (of 74)

Best time in course: 51:51

Rank in category: 4(of 9)

Best time in the category: 52:38