



29. Abend-Berg-Lauf Friedrichroda

Friedrichroda / 03.05.2013

Detailed evaluation

Pawlow, Kamen

Club: FSV 1950 Gotha

Number: 424

Course: 13.20 km

Berglauf lang

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:04:59

Speed: 12.00 km/h

Running performance: 4:55 min/km

Rank in course/Total: 32 (of 90)

Rank in course/Men: 29 (of 74)

Best time in course: 51:51

Rank in category: 3(of 13)

Best time in the category: 55:57