



29. Abend-Berg-Lauf Friedrichroda

Friedrichroda / 03.05.2013

Detailed evaluation

Kühmel, Matthias

Club: SV 05 Triathlon Friedrichroda

Number: 371

Course: 13.20 km

Berglauf lang

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:05:13

Speed: 11.96 km/h

Running performance: 4:56 min/km

Rank in course/Total: 33 (of 90)

Rank in course/Men: 30 (of 74)

Best time in course: 51:51

Rank in category: 6(of 13)

Best time in the category: 56:22