



29. Abend-Berg-Lauf Friedrichroda

Friedrichroda / 03.05.2013

Detailed evaluation

HOWARD, @

Club: Friedrichroda

Number: 351

Course: 13.20 km

Berglauf lang

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:05:37

Speed: 11.89 km/h

Running performance: 4:58 min/km

Rank in course/Total: 35 (of 90)

Rank in course/Men: 32 (of 74)

Best time in course: 51:51

Rank in category: 5(of 9)

Best time in the category: 52:38