



## 29. Abend-Berg-Lauf Friedrichroda

Friedrichroda / 03.05.2013

### Detailed evaluation

**Frankenfeld, Rolf-Erik**

Club: Gotha

Number: 391

Course: 13.20 km

Berglauf lang

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:06:02

Speed: 11.81 km/h

Running performance: 5:00 min/km

Rank in course/Total: 36 (of 90)

Rank in course/Men: 33 (of 74)

Best time in course: 51:51

Rank in category: 7(of 13)

Best time in the category: 56:22