



29. Abend-Berg-Lauf Friedrichroda

Friedrichroda / 03.05.2013

Detailed evaluation

Pastowski, Ralf

Club: Viba Anschütz Team

Number: 430

Course: 13.20 km

Berglauf lang

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:06:30

Speed: 11.73 km/h

Running performance: 5:02 min/km

Rank in course/Total: 38 (of 90)

Rank in course/Men: 34 (of 74)

Best time in course: 51:51

Rank in category: 8(of 13)

Best time in the category: 56:22