



29. Abend-Berg-Lauf Friedrichroda

Friedrichroda / 03.05.2013

Detailed evaluation

Herrmann, André

Club: Tambach-Dietharz

Number: 397

Course: 13.20 km

Berglauf lang

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:07:41

Speed: 11.52 km/h

Running performance: 5:08 min/km

Rank in course/Total: 40 (of 90)

Rank in course/Men: 36 (of 74)

Best time in course: 51:51

Rank in category: 9(of 13)

Best time in the category: 56:22