



29. Abend-Berg-Lauf Friedrichroda

Friedrichroda / 03.05.2013

Detailed evaluation

Grosch, Hartmut

Club: Team Nutrilite

Number: 381

Course: 13.20 km

Berglauf lang

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:08:17

Speed: 11.42 km/h

Running performance: 5:10 min/km

Rank in course/Total: 43 (of 90)

Rank in course/Men: 39 (of 74)

Best time in course: 51:51

Rank in category: 3(of 7)

Best time in the category: 1:02:23