



29. Abend-Berg-Lauf Friedrichroda

Friedrichroda / 03.05.2013

Detailed evaluation

Hermann, Jan

Club: FitnessOase Ohrdruf

Number: 408

Course: 13.20 km

Berglauf lang

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:08:32

Speed: 11.56 km/h

Running performance: 5:11 min/km

Rank in course/Total: 45 (of 90)

Rank in course/Men: 40 (of 74)

Best time in course: 51:51

Rank in category: 5(of 8)

Best time in the category: 55:37