



29. Abend-Berg-Lauf Friedrichroda

Friedrichroda / 03.05.2013

Detailed evaluation

Lugauer, Dietmar

Club: Gotha

Number: 428

Course: 13.20 km

Berglauf lang

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:09:44

Speed: 11.19 km/h

Running performance: 5:17 min/km

Rank in course/Total: 49 (of 90)

Rank in course/Men: 44 (of 74)

Best time in course: 51:51

Rank in category: 6(of 13)

Best time in the category: 55:57