



29. Abend-Berg-Lauf Friedrichroda

Friedrichroda / 03.05.2013

Detailed evaluation

Siegemund, Lars

Club: SV 05 Triathlon Friedrichroda

Number: 373

Course: 13.20 km

Berglauf lang

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:09:58

Speed: 11.15 km/h

Running performance: 5:18 min/km

Rank in course/Total: 51 (of 90)

Rank in course/Men: 45 (of 74)

Best time in course: 51:51

Rank in category: 6(of 9)

Best time in the category: 52:38