



29. Abend-Berg-Lauf Friedrichroda

Friedrichroda / 03.05.2013

Detailed evaluation

Kley, Steffen

Club: FF Warza

Number: 422

Course: 13.20 km

Berglauf lang

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:10:36

Speed: 11.05 km/h

Running performance: 5:21 min/km

Rank in course/Total: 54 (of 90)

Rank in course/Men: 48 (of 74)

Best time in course: 51:51

Rank in category: 7(of 9)

Best time in the category: 52:38