



29. Abend-Berg-Lauf Friedrichroda

Friedrichroda / 03.05.2013

Detailed evaluation

Dellit, Danny

Club: Floh-Seligenthal

Number: 423

Course: 13.20 km

Berglauf lang

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:11:03

Speed: 10.98 km/h

Running performance: 5:23 min/km

Rank in course/Total: 56 (of 90)

Rank in course/Men: 50 (of 74)

Best time in course: 51:51

Rank in category: 9(of 11)

Best time in the category: 51:51