



## 29. Abend-Berg-Lauf Friedrichroda

Friedrichroda / 03.05.2013

### Detailed evaluation

**Saft, Bernd**

Club: LG Friedrichroda

Number: 438

Course: 13.20 km

Berglauf lang

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:13:27

Speed: 10.62 km/h

Running performance: 5:34 min/km

Rank in course/Total: 61 (of 90)

Rank in course/Men: 53 (of 74)

Best time in course: 51:51

Rank in category: 8(of 13)

Best time in the category: 55:57