



## 29. Abend-Berg-Lauf Friedrichroda

Friedrichroda / 03.05.2013

### Detailed evaluation

**Gille, Wiegbert**

Club: VfL Hüpstedt

Number: 418

Course: 13.20 km

Berglauf lang

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:14:15

Speed: 10.51 km/h

Running performance: 5:38 min/km

Rank in course/Total: 63 (of 90)

Rank in course/Men: 57 (of 74)

Best time in course: 51:51

Rank in category: 5 (of 7)

Best time in the category: 1:02:23