



29. Abend-Berg-Lauf Friedrichroda

Friedrichroda / 03.05.2013

Detailed evaluation

Naumann, Karsten

Club: Langenhain

Number: 384

Course: 13.20 km

Berglauf lang

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:16:32

Speed: 10.19 km/h

Running performance: 5:48 min/km

Rank in course/Total: 70 (of 90)

Rank in course/Men: 62 (of 74)

Best time in course: 51:51

Rank in category: 8(of 8)

Best time in the category: 55:37