



## 29. Abend-Berg-Lauf Friedrichroda

Friedrichroda / 03.05.2013

### Detailed evaluation

**Heßland, Ralf**

Club: Friedrichroda

Number: 370

Course: 13.20 km

Berglauf lang

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:19:11

Speed: 9.85 km/h

Running performance: 6:00 min/km

Rank in course/Total: 77 (of 90)

Rank in course/Men: 66 (of 74)

Best time in course: 51:51

Rank in category: 11(of 13)

Best time in the category: 55:57