



29. Abend-Berg-Lauf Friedrichroda

Friedrichroda / 03.05.2013

Detailed evaluation

Waitz, Anke

Club: Sv Ernstroda

Number: 405

Course: 13.20 km

Berglauf lang

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:21:31

Speed: 9.72 km/h

Running performance: 6:11 min/km

Rank in course/Total: 81 (of 90)

Rank in course/Women: 13 (of 16)

Best time in course: 59:51

Rank in category: 5(of 6)

Best time in the category: 1:04:58