



29. Abend-Berg-Lauf Friedrichroda

Friedrichroda / 03.05.2013

Detailed evaluation

Saft, Catrin

Club: LG Friedrichroda

Number: 439

Course: 13.20 km

Berglauf lang

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 1:28:21

Speed: 8.96 km/h

Running performance: 6:41 min/km

Rank in course/Total: 86 (of 90)

Rank in course/Women: 15 (of 16)

Best time in course: 59:51

Rank in category: 6(of 6)

Best time in the category: 1:04:58