



29. Abend-Berg-Lauf Friedrichroda

Friedrichroda / 03.05.2013

Detailed evaluation

Haserodt, Heinz

Club: Friedrichroda

Number: 380

Course: 13.20 km

Berglauf lang

Category:

Senioren M65 (65-69 Jahre)

Total time: 1:31:44

Speed: 8.50 km/h

Running performance: 6:57 min/km

Rank in course/Total: 87 (of 90)

Rank in course/Men: 72 (of 74)

Best time in course: 51:51

Rank in category: 2(of 2)

Best time in the category: 1:19:54