



29. Abend-Berg-Lauf Friedrichroda

Friedrichroda / 03.05.2013

Detailed evaluation

Scheider, Detlef

Club: LG Friedrichroda

Number: 275

Course: 6.90 km

Berglauf kurz

Category:

Senioren M50 (50-54 Jahre)

Total time: 32:40

Speed: 11.02 km/h

Running performance: 4:44 min/km

Rank in course/Total: 19 (of 84)

Rank in course/Men: 15 (of 61)

Best time in course: 29:46

Rank in category: 3(of 10)

Best time in the category: 31:39