



29. Abend-Berg-Lauf Friedrichroda

Friedrichroda / 03.05.2013

Detailed evaluation

Hildenbrandt, Bernd

Club: SV Chemie Gotha

Number: 245

Course: 6.90 km

Berglauf kurz

Category:

Senioren M45 (45-49 Jahre)

Total time: 33:25

Speed: 12.39 km/h

Running performance: 4:50 min/km

Rank in course/Total: 22 (of 84)

Rank in course/Men: 18 (of 61)

Best time in course: 29:46

Rank in category: 3(of 9)

Best time in the category: 31:39