



29. Abend-Berg-Lauf Friedrichroda

Friedrichroda / 03.05.2013

Detailed evaluation

Frank, Mario

Club: Finsterbergen

Number: 238

Course: 6.90 km

Berglauf kurz

Category:

Senioren M30 (30-34 Jahre)

Total time: 33:52

Speed: 10.63 km/h

Running performance: 4:55 min/km

Rank in course/Total: 25 (of 84)

Rank in course/Men: 21 (of 61)

Best time in course: 29:46

Rank in category: 4(of 4)

Best time in the category: 30:13