



29. Abend-Berg-Lauf Friedrichroda

Friedrichroda / 03.05.2013

Detailed evaluation

Werner, Daniel

Club: Friedrichroda

Number: 280

Course: 6.90 km

Berglauf kurz

Category:

Senioren M35 (35-39 Jahre)

Total time: 33:54

Speed: 10.62 km/h

Running performance: 4:55 min/km

Rank in course/Total: 26 (of 84)

Rank in course/Men: 22 (of 61)

Best time in course: 29:46

Rank in category: 2(of 4)

Best time in the category: 33:31