



## 29. Abend-Berg-Lauf Friedrichroda

Friedrichroda / 03.05.2013

### Detailed evaluation

ernst, beate

Club: Triathlon Friedrichroda

Number: 217

Course: 6.90 km

Berglauf kurz

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 33:58

Speed: 10.60 km/h

Running performance: 4:55 min/km

Rank in course/Total: 27 (of 84)

Rank in course/Women: 5 (of 23)

Best time in course: 31:08

Rank in category: 2(of 5)

Best time in the category: 31:08