



29. Abend-Berg-Lauf Friedrichroda

Friedrichroda / 03.05.2013

Detailed evaluation

Dirkes, Siegfried

Club: SV 05 Triathlon Friedrichroda

Number: 228

Course: 6.90 km

Berglauf kurz

Category:

Senioren M50 (50-54 Jahre)

Total time: 36:08

Speed: 9.96 km/h

Running performance: 5:14 min/km

Rank in course/Total: 35 (of 84)

Rank in course/Men: 28 (of 61)

Best time in course: 29:46

Rank in category: 5(of 10)

Best time in the category: 31:39