



## 29. Abend-Berg-Lauf Friedrichroda

Friedrichroda / 03.05.2013

### Detailed evaluation

Lindecker, Marko

Club: SV 05 Friedrichroda

Number: 232

Course: 6.90 km

Berglauf kurz

Category:

Senioren M40 (40-44 Jahre)

Total time: 37:25

Speed: 9.62 km/h

Running performance: 5:25 min/km

Rank in course/Total: 42 (of 84)

Rank in course/Men: 34 (of 61)

Best time in course: 29:46

Rank in category: 4(of 7)

Best time in the category: 33:08