



29. Abend-Berg-Lauf Friedrichroda

Friedrichroda / 03.05.2013

Detailed evaluation

Rattmann, Ellen

Club: Gotha

Number: 283

Course: 6.90 km

Berglauf kurz

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 37:30

Speed: 9.60 km/h

Running performance: 5:26 min/km

Rank in course/Total: 44 (of 84)

Rank in course/Women: 9 (of 23)

Best time in course: 31:08

Rank in category: 3(of 5)

Best time in the category: 31:08