



## 29. Abend-Berg-Lauf Friedrichroda

Friedrichroda / 03.05.2013

### Detailed evaluation

**Cramer, Marcus**

Club: Gräfenahin

Number: 234

Course: 6.90 km

Berglauf kurz

Category:

Männer (20-29 Jahre)

Total time: 37:39

Speed: 9.56 km/h

Running performance: 5:28 min/km

Rank in course/Total: 47 (of 84)

Rank in course/Men: 38 (of 61)

Best time in course: 29:46

Rank in category: 7(of 8)

Best time in the category: 29:46