



29. Abend-Berg-Lauf Friedrichroda

Friedrichroda / 03.05.2013

Detailed evaluation

Ostertag, Jörg

Club: Ruhla

Number: 248

Course: 6.90 km

Berglauf kurz

Category:

Senioren M40 (40-44 Jahre)

Total time: 37:54

Speed: 9.50 km/h

Running performance: 5:29 min/km

Rank in course/Total: 50 (of 84)

Rank in course/Men: 41 (of 61)

Best time in course: 29:46

Rank in category: 7(of 7)

Best time in the category: 33:08