



29. Abend-Berg-Lauf Friedrichroda

Friedrichroda / 03.05.2013

Detailed evaluation

Tuma, Gabi

Club: Winterstein

Number: 242

Course: 6.90 km

Berglauf kurz

Category:

Seniorinnen W45 (45-49 Jahre)

Total time: 38:20

Speed: 10.80 km/h

Running performance: 5:34 min/km

Rank in course/Total: 53 (of 84)

Rank in course/Women: 10 (of 23)

Best time in course: 31:08

Rank in category: 4(of 5)

Best time in the category: 31:08