



29. Abend-Berg-Lauf Friedrichroda

Friedrichroda / 03.05.2013

Detailed evaluation

Wenzel, Frank

Club: VfL Gera

Number: 230

Course: 6.90 km

Berglauf kurz

Category:

Senioren M45 (45-49 Jahre)

Total time: 39:32

Speed: 9.11 km/h

Running performance: 5:44 min/km

Rank in course/Total: 58 (of 84)

Rank in course/Men: 48 (of 61)

Best time in course: 29:46

Rank in category: 6 (of 9)

Best time in the category: 31:39