



29. Abend-Berg-Lauf Friedrichroda

Friedrichroda / 03.05.2013

Detailed evaluation

Gentzel, Thomas

Club: Erfurter LAC

Number: 276

Course: 6.90 km

Berglauf kurz

Category:

Senioren M55 (55-59 Jahre)

Total time: 39:37

Speed: 9.09 km/h

Running performance: 5:44 min/km

Rank in course/Total: 60 (of 84)

Rank in course/Men: 50 (of 61)

Best time in course: 29:46

Rank in category: 2(of 2)

Best time in the category: 35:48