



## 29. Abend-Berg-Lauf Friedrichroda

Friedrichroda / 03.05.2013

### Detailed evaluation

**Graf, Felix**

Club: SV 05 Friedrichroda

Number: 268

Course: 6.90 km

Berglauf kurz

Category:

Senioren M30 (30-34 Jahre)

Total time: 31:37

Speed: 11.39 km/h

Running performance: 4:35 min/km

Rank in course/Total: 7 (of 84)

Rank in course/Men: 6 (of 61)

Best time in course: 29:46

Rank in category: 2(of 4)

Best time in the category: 30:13