



29. Abend-Berg-Lauf Friedrichroda

Friedrichroda / 03.05.2013

Detailed evaluation

Langenhan, Uwe

Club: SC Eisenach

Number: 284

Course: 6.90 km

Berglauf kurz

Category:

Senioren M50 (50-54 Jahre)

Total time: 42:37

Speed: 8.45 km/h

Running performance: 6:11 min/km

Rank in course/Total: 78 (of 84)

Rank in course/Men: 59 (of 61)

Best time in course: 29:46

Rank in category: 10(of 10)

Best time in the category: 31:39