



29. Abend-Berg-Lauf Friedrichroda

Friedrichroda / 03.05.2013

Detailed evaluation

Schwan, Ralf

Club: Chemnitzer LV MEGWARE

Number: 255

Course: 6.90 km

Berglauf kurz

Category:

Senioren M50 (50-54 Jahre)

Total time: 31:39

Speed: 11.37 km/h

Running performance: 4:35 min/km

Rank in course/Total: 8 (of 84)

Rank in course/Men: 7 (of 61)

Best time in course: 29:46

Rank in category: 1(of 10)

Best time in the category: 31:39