



29. Abend-Berg-Lauf Friedrichroda

Friedrichroda / 03.05.2013

Detailed evaluation

Lehmann, Christian

Club: Lauffreunde Gotha

Number: 400

Course: 13.20 km

Berglauf lang

Category:

Senioren M30 (30-34 Jahre)

Total time: 55:48

Speed: 13.98 km/h

Running performance: 4:14 min/km

Rank in course/Total: 5 (of 90)

Rank in course/Men: 5 (of 74)

Best time in course: 51:51

Rank in category: 3(of 11)

Best time in the category: 51:51