



29. Abend-Berg-Lauf Friedrichroda

Friedrichroda / 03.05.2013

Detailed evaluation

Reif, Bernd

Club: Laufcombo Reif

Number: 427

Course: 13.20 km

Berglauf lang

Category:

Senioren M50 (50-54 Jahre)

Total time: 55:57

Speed: 13.94 km/h

Running performance: 4:14 min/km

Rank in course/Total: 6 (of 90)

Rank in course/Men: 6 (of 74)

Best time in course: 51:51

Rank in category: 1(of 13)

Best time in the category: 55:57