



29. Abend-Berg-Lauf Friedrichroda

Friedrichroda / 03.05.2013

Detailed evaluation

Volk, Tino

Club: Triathlon Friedrichroda

Number: 360

Course: 13.20 km

Berglauf lang

Category:

Senioren M45 (45-49 Jahre)

Total time: 56:22

Speed: 13.84 km/h

Running performance: 4:16 min/km

Rank in course/Total: 7 (of 90)

Rank in course/Men: 7 (of 74)

Best time in course: 51:51

Rank in category: 1(of 13)

Best time in the category: 56:22