



29. Abend-Berg-Lauf Friedrichroda

Friedrichroda / 03.05.2013

Detailed evaluation

Meister, Frank

Club: Lauffreunde Gotha

Number: 441

Course: 13.20 km

Berglauf lang

Category:

Senioren M50 (50-54 Jahre)

Total time: 57:20

Speed: 13.60 km/h

Running performance: 4:20 min/km

Rank in course/Total: 10 (of 90)

Rank in course/Men: 10 (of 74)

Best time in course: 51:51

Rank in category: 2(of 13)

Best time in the category: 55:57