



## 29. Abend-Berg-Lauf Friedrichroda

Friedrichroda / 03.05.2013

### Detailed evaluation

**Hanf, Benedikt**

Club: Crawinkel

Number: 433

Course: 13.20 km

Berglauf lang

Category:

Senioren M30 (30-34 Jahre)

Total time: 58:39

Speed: 13.30 km/h

Running performance: 4:26 min/km

Rank in course/Total: 12 (of 90)

Rank in course/Men: 12 (of 74)

Best time in course: 51:51

Rank in category: 4(of 11)

Best time in the category: 51:51