



29. Abend-Berg-Lauf Friedrichroda

Friedrichroda / 03.05.2013

Detailed evaluation

Kupfer, Jörg

Club: Lauffreunde Gotha

Number: 366

Course: 13.20 km

Berglauf lang

Category:

Senioren M45 (45-49 Jahre)

Total time: 59:40

Speed: 13.07 km/h

Running performance: 4:31 min/km

Rank in course/Total: 14 (of 90)

Rank in course/Men: 14 (of 74)

Best time in course: 51:51

Rank in category: 2(of 13)

Best time in the category: 56:22