



5. Lauf Rund um das Schaubergwerk Röhrigschacht des ASV Sangerhausen
Sangerhausen / 06.04.2013

Detailed evaluation

Steuder, Norbert

Club: HLF

Number: 431

Course: 5.10 km

5,1 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 28:41

Speed: 10.46 km/h

Running performance: 5:37 min/km

Rank in course/Total: 7 (of 29)

Rank in course/Men: 7 (of 22)

Best time in course: 22:49

Rank in category: 1(of 4)

Best time in the category: 28:41