



6. Lauf Rund um das Schaubergwerk Röhrigschacht  
Sangerhausen / 29.03.2014

Detailed evaluation

Friedling, Heiko

Club: SSV-MG-Ahlsdorf

Number: 189

Course: 5.10 km

5,1 km Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 34:13

Speed: 8.77 km/h

Running performance: 6:43 min/km

Rank in course/Total: 7 (of 13)

Rank in course/Men: 5 (of 9)

Best time in course: 21:42

Rank in category: 1(of 2)

Best time in the category: 34:13