



8. Lauf Rund um das Schaubergwerk Röhrigschacht

Sangerhausen / 02.04.2016

Detailed evaluation

Friedling, Heiko

Club: SSV MG-Ahlsdorf

Number: 146

Course: 5.10 km

5,1 km Lauf - Buschklepper

Category:

Senioren M45 (45-49 Jahre)

Total time: 33:43

Speed: 8.90 km/h

Running performance: 6:37 min/km

Rank in course/Total: 14 (of 30)

Rank in course/Men: 12 (of 21)

Best time in course: 20:55

Rank in category: 2(of 2)

Best time in the category: 29:35