



## 15. Feengrottenpokal im Berglaufen

Saalfeld / 24.05.2008

### Detailed evaluation

**Grünelt, Heiko**

Club: RC Gera

Number: 101

Course: 4.50 km

Berglauf

Category:

Männer M40

Total time: 21:11

Speed: 11.33 km/h

Running performance: 4:43 min/km

Rank in course/Total: 18 (of 132)

Rank in course/Men: 18 (of 96)

Best time in course: 18:30

Rank in category: 3(of 17)

Best time in the category: 20:32