



## 15. Feengrottenpokal im Berglaufen

Saalfeld / 24.05.2008

### Detailed evaluation

**Gabel, Ralf**

Club: Saalfelder LV

Number: 139

Course: 4.50 km

Berglauf

Category:

Männer M45

Total time: 20:57

Speed: 11.46 km/h

Running performance: 4:40 min/km

Rank in course/Total: 16 (of 132)

Rank in course/Men: 16 (of 96)

Best time in course: 18:30

Rank in category: 3(of 13)

Best time in the category: 19:31