



30. Abend-Berg-Lauf  
Friedrichroda / 02.05.2014

Detailed evaluation

**Pawlow, Kamen**

Club: FSV 1950 Gotha e.V.  
Number: 448

Course: 13.20 km  
Berglauf lang

Category:  
Senioren M50 (50-54 Jahre)

Total time: 1:05:44

Speed: 11.87 km/h  
Running performance: 4:59 min/km

Rank in course/Total: 32 (of 95)

Rank in course/Men: 29 (of 76)

Best time in course: 51:22

Rank in category: 4(of 14)

Best time in the category: 1:03:15