



30. Abend-Berg-Lauf
Friedrichroda / 02.05.2014

Detailed evaluation

Albrecht, Steffan

Club: SV Emsetal

Number: 451

Course: 13.20 km

Berglauf lang

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:06:02

Speed: 11.81 km/h

Running performance: 5:00 min/km

Rank in course/Total: 34 (of 95)

Rank in course/Men: 31 (of 76)

Best time in course: 51:22

Rank in category: 8(of 16)

Best time in the category: 56:49