



30. Abend-Berg-Lauf  
Friedrichroda / 02.05.2014

Detailed evaluation

Ruge, Dominik

Club: Sättelstädt  
Number: 441

Course: 13.20 km  
Berglauf lang

Category:  
Senioren M35 (35-39 Jahre)

Total time: 1:07:37

Speed: 11.54 km/h  
Running performance: 5:07 min/km

Rank in course/Total: 38 (of 95)

Rank in course/Men: 35 (of 76)

Best time in course: 51:22

Rank in category: 5(of 9)

Best time in the category: 53:00