



30. Abend-Berg-Lauf  
Friedrichroda / 02.05.2014

Detailed evaluation

Gröger, Matthias

Club: Friedrichroda  
Number: 460

Course: 13.20 km  
Berglauf lang

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:10:10

Speed: 11.12 km/h  
Running performance: 5:19 min/km

Rank in course/Total: 46 (of 95)

Rank in course/Men: 40 (of 76)

Best time in course: 51:22

Rank in category: 11(of 16)

Best time in the category: 56:49