



30. Abend-Berg-Lauf
Friedrichroda / 02.05.2014

Detailed evaluation

Stade, Michael

Club: DAV Waltershausen
Number: 412

Course: 13.20 km
Berglauf lang

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:12:04

Speed: 10.99 km/h
Running performance: 5:28 min/km

Rank in course/Total: 51 (of 95)

Rank in course/Men: 43 (of 76)

Best time in course: 51:22

Rank in category: 2(of 6)

Best time in the category: 1:07:36