



30. Abend-Berg-Lauf
Friedrichroda / 02.05.2014

Detailed evaluation

Saft, Bernd

Club: Laufgruppe Friedrichroda
Number: 490

Course: 13.20 km
Berglauf lang

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:12:29

Speed: 10.76 km/h
Running performance: 5:29 min/km

Rank in course/Total: 52 (of 95)

Rank in course/Men: 44 (of 76)

Best time in course: 51:22

Rank in category: 6(of 14)

Best time in the category: 1:03:15