



30. Abend-Berg-Lauf  
Friedrichroda / 02.05.2014

Detailed evaluation

**Fleischmann, Heiko**

Club: Lauffreunde Gotha  
Number: 360

Course: 6.90 km  
Berglauf kurz

Category:  
Senioren M50 (50-54 Jahre)

Total time: 32:43

Speed: 11.00 km/h  
Running performance: 4:44 min/km

Rank in course/Total: 13 (of 76)

Rank in course/Men: 11 (of 54)

Best time in course: 26:24

Rank in category: 3(of 7)

Best time in the category: 30:04