



30. Abend-Berg-Lauf  
Friedrichroda / 02.05.2014

Detailed evaluation

Riede, Steffen

Club: SV Emsetal  
Number: 453

Course: 13.20 km  
Berglauf lang

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:13:53

Speed: 10.56 km/h  
Running performance: 5:36 min/km

Rank in course/Total: 58 (of 95)

Rank in course/Men: 49 (of 76)

Best time in course: 51:22

Rank in category: 14(of 16)

Best time in the category: 56:49