



30. Abend-Berg-Lauf  
Friedrichroda / 02.05.2014

## Detailed evaluation

Lugauer, Dietmar

Club: Gotha  
Number: 484

Course: 13.20 km  
Berglauf lang

Category:  
Senioren M50 (50-54 Jahre)

Total time: 1:15:33

Speed: 10.32 km/h  
Running performance: 5:43 min/km

Rank in course/Total: 64 (of 95)

Rank in course/Men: 53 (of 76)

Best time in course: 51:22

Rank in category: 8(of 14)

Best time in the category: 1:03:15