



30. Abend-Berg-Lauf
Friedrichroda / 02.05.2014

Detailed evaluation

Birkefeld, Armin

Club: SG Crawinkel

Number: 450

Course: 13.20 km

Berglauf lang

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:15:43

Speed: 10.46 km/h

Running performance: 5:44 min/km

Rank in course/Total: 66 (of 95)

Rank in course/Men: 55 (of 76)

Best time in course: 51:22

Rank in category: 10(of 14)

Best time in the category: 1:03:15