



30. Abend-Berg-Lauf  
Friedrichroda / 02.05.2014

Detailed evaluation

Ahlemann, Matthias

Club: GMRV Langewiesen  
Number: 489

Course: 13.20 km  
Berglauf lang

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:16:28

Speed: 10.20 km/h  
Running performance: 5:47 min/km

Rank in course/Total: 73 (of 95)

Rank in course/Men: 61 (of 76)

Best time in course: 51:22

Rank in category: 6(of 6)

Best time in the category: 1:01:00