



30. Abend-Berg-Lauf
Friedrichroda / 02.05.2014

Detailed evaluation

Gentzel, Thomas

Club: Erfurter LAC
Number: 308

Course: 6.90 km
Berglauf kurz

Category:
Senioren M55 (55-59 Jahre)

Total time: 36:10

Speed: 9.95 km/h
Running performance: 5:14 min/km

Rank in course/Total: 34 (of 76)

Rank in course/Men: 26 (of 54)

Best time in course: 26:24

Rank in category: 2(of 7)

Best time in the category: 35:33