



30. Abend-Berg-Lauf
Friedrichroda / 02.05.2014

Detailed evaluation

Volbeding, Jan

Club: Reha-Sport-Zentrum Gotha
Number: 350

Course: 6.90 km
Berglauf kurz

Category:
Männer (20-29 Jahre)

Total time: 36:26

Speed: 9.88 km/h
Running performance: 5:17 min/km

Rank in course/Total: 36 (of 76)

Rank in course/Men: 27 (of 54)

Best time in course: 26:24

Rank in category: 6(of 10)

Best time in the category: 26:50