



30. Abend-Berg-Lauf  
Friedrichroda / 02.05.2014

Detailed evaluation

Riede, Sophia

Club: SV Emsetal  
Number: 347

Course: 6.90 km  
Berglauf kurz

Category:  
Frauen (20-29 Jahre)

Total time: 39:58

Speed: 9.01 km/h  
Running performance: 5:47 min/km

Rank in course/Total: 54 (of 76)  
Rank in course/Women: 14 (of 22)  
Best time in course: 31:07

Rank in category: 2(of 3)  
Best time in the category: 38:33