



30. Abend-Berg-Lauf
Friedrichroda / 02.05.2014

Detailed evaluation

Langlotz, Lars

Club: Gotha
Number: 363

Course: 6.90 km
Berglauf kurz

Category:
Senioren M45 (45-49 Jahre)

Total time: 40:01

Speed: 9.00 km/h
Running performance: 5:48 min/km

Rank in course/Total: 55 (of 76)

Rank in course/Men: 41 (of 54)

Best time in course: 26:24

Rank in category: 4(of 5)

Best time in the category: 26:31