



30. Abend-Berg-Lauf
Friedrichroda / 02.05.2014

Detailed evaluation

Ebinger, Ingwer

Club: VfL Pinneberg
Number: 337

Course: 6.90 km
Berglauf kurz

Category:
Senioren M55 (55-59 Jahre)

Total time: 40:29

Speed: 8.89 km/h
Running performance: 5:52 min/km

Rank in course/Total: 56 (of 76)

Rank in course/Men: 42 (of 54)

Best time in course: 26:24

Rank in category: 4(of 7)

Best time in the category: 35:33