



30. Abend-Berg-Lauf  
Friedrichroda / 02.05.2014

Detailed evaluation

Graf, Winfried

Club: Triathlon Friedrichroda  
Number: 326

Course: 6.90 km  
Berglauf kurz

Category:  
Senioren M55 (55-59 Jahre)

Total time: 40:50

Speed: 8.82 km/h  
Running performance: 5:55 min/km

Rank in course/Total: 57 (of 76)

Rank in course/Men: 43 (of 54)

Best time in course: 26:24

Rank in category: 5(of 7)

Best time in the category: 35:33