



30. Abend-Berg-Lauf  
Friedrichroda / 02.05.2014

Detailed evaluation

**Saft, Catrin**

Club: LG Friedrichroda  
Number: 374

Course: 6.90 km  
Berglauf kurz

Category:  
Seniorinnen W45 (45-49 Jahre)

Total time: 45:04

Speed: 7.99 km/h  
Running performance: 6:32 min/km

Rank in course/Total: 68 (of 76)  
Rank in course/Women: 19 (of 22)  
Best time in course: 31:07

Rank in category: 6(of 6)  
Best time in the category: 31:07