



30. Abend-Berg-Lauf  
Friedrichroda / 02.05.2014

Detailed evaluation

Gräf, Walter

Club: Ski-Nordisch-Tabarz  
Number: 355

Course: 6.90 km  
Berglauf kurz

Category:  
Senioren M70 (70-74 Jahre)

Total time: 45:52

Speed: 7.85 km/h  
Running performance: 6:39 min/km

Rank in course/Total: 70 (of 76)

Rank in course/Men: 50 (of 54)

Best time in course: 26:24

Rank in category: 1(of 1)

Best time in the category: 45:52