



30. Abend-Berg-Lauf
Friedrichroda / 02.05.2014

Detailed evaluation

Volk, Tino

Club: Triathlon Friedrichroda
Number: 414

Course: 13.20 km
Berglauf lang

Category:
Senioren M45 (45-49 Jahre)

Total time: 56:49

Speed: 13.73 km/h
Running performance: 4:18 min/km

Rank in course/Total: 4 (of 95)

Rank in course/Men: 4 (of 76)

Best time in course: 51:22

Rank in category: 1(of 16)

Best time in the category: 56:49