



30. Abend-Berg-Lauf  
Friedrichroda / 02.05.2014

## Detailed evaluation

**Gauder, Marcus**

Club: Erfurt  
Number: 493

Course: 13.20 km  
Berglauf lang

Category:  
Senioren M30 (30-34 Jahre)

Total time: 58:56

Speed: 13.24 km/h  
Running performance: 4:28 min/km

Rank in course/Total: 8 (of 95)

Rank in course/Men: 8 (of 76)

Best time in course: 51:22

Rank in category: 3(of 8)

Best time in the category: 51:22