



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: 13.44 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