



30. Abend-Berg-Lauf
Friedrichroda / 02.05.2014

Detailed evaluation

Rosenbaum, Ralf

Club: Sättelstädt
Number: 475

Course: 13.20 km
Berglauf lang

Category:
Senioren M45 (45-49 Jahre)

Total time: 59:41

Speed: 13.07 km/h
Running performance: 4:31 min/km

Rank in course/Total: 9 (of 95)

Rank in course/Men: 9 (of 76)

Best time in course: 51:22

Rank in category: 3(of 16)

Best time in the category: 56:49