



30. Abend-Berg-Lauf  
Friedrichroda / 02.05.2014

Detailed evaluation

Kupfer, Jörg

Club: Lauffreunde Gotha  
Number: 407

Course: 13.20 km  
Berglauf lang

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:01:11

Speed: 12.75 km/h  
Running performance: 4:38 min/km

Rank in course/Total: 12 (of 95)

Rank in course/Men: 12 (of 76)

Best time in course: 51:22

Rank in category: 5(of 16)

Best time in the category: 56:49