



30. Abend-Berg-Lauf
Friedrichroda / 02.05.2014

Detailed evaluation

Salzmann, Stefan

Club: Friedrichroda

Number: 419

Course: 13.20 km

Berglauf lang

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:02:28

Speed: 12.49 km/h

Running performance: 4:44 min/km

Rank in course/Total: 16 (of 95)

Rank in course/Men: 15 (of 76)

Best time in course: 51:22

Rank in category: 3(of 6)

Best time in the category: 1:01:00