



30. Abend-Berg-Lauf
Friedrichroda / 02.05.2014

Detailed evaluation

Lüpke, Mirko

Club: Friedrichroda

Number: 420

Course: 13.20 km

Berglauf lang

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:04:09

Speed: 12.35 km/h

Running performance: 4:52 min/km

Rank in course/Total: 22 (of 95)

Rank in course/Men: 21 (of 76)

Best time in course: 51:22

Rank in category: 2(of 9)

Best time in the category: 53:00