



31. Abend-Berg-Lauf Friedrichroda / 24.04.2015

Detailed evaluation

Scheske, Holger

Club: Bad Seberg

Number: 336

Course: 13.20 km

Berglauf lang

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:08:27

Speed: 11.40 km/h

Running performance: 5:11 min/km

Rank in course/Total: 43 (of 85)

Rank in course/Men: 42 (of 71)

Best time in course: 49:57

Rank in category: 9(of 12)

Best time in the category: 52:45