



31. Abend-Berg-Lauf
Friedrichroda / 24.04.2015

Detailed evaluation

Frohl, Jochen

Club: SV05 friedrichroda
Number: 303

Course: 13.20 km
Berglauf lang

Category:
Senioren M60 (60-64 Jahre)

Total time: 1:08:51

Speed: 11.33 km/h
Running performance: 5:13 min/km

Rank in course/Total: 46 (of 85)

Rank in course/Men: 44 (of 71)

Best time in course: 49:57

Rank in category: 2(of 5)

Best time in the category: 1:06:53