



31. Abend-Berg-Lauf Friedrichroda / 24.04.2015

Detailed evaluation

Gröger, Matthias

Club: Friedrichroda

Number: 356

Course: 13.20 km

Berglauf lang

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:10:30

Speed: 11.06 km/h

Running performance: 5:20 min/km

Rank in course/Total: 49 (of 85)

Rank in course/Men: 46 (of 71)

Best time in course: 49:57

Rank in category: 10(of 12)

Best time in the category: 52:45