



31. Abend-Berg-Lauf
Friedrichroda / 24.04.2015

Detailed evaluation

Respondek, Steffen

Club: AMT Wachsenburg
Number: 328

Course: 13.20 km
Berglauf lang

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:10:49

Speed: 11.01 km/h
Running performance: 5:22 min/km

Rank in course/Total: 50 (of 85)

Rank in course/Men: 47 (of 71)

Best time in course: 49:57

Rank in category: 4(of 9)

Best time in the category: 1:01:02