



31. Abend-Berg-Lauf
Friedrichroda / 24.04.2015

Detailed evaluation

Birkefeld, Armin

Club: SG Crawinkel
Number: 334

Course: 13.20 km
Berglauf lang

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:11:35

Speed: 10.90 km/h
Running performance: 5:25 min/km

Rank in course/Total: 54 (of 85)

Rank in course/Men: 51 (of 71)

Best time in course: 49:57

Rank in category: 5(of 9)

Best time in the category: 1:01:02