



31. Abend-Berg-Lauf
Friedrichroda / 24.04.2015

Detailed evaluation

Frankenfeld, Rolf-Erik

Club: Gotha
Number: 379

Course: 13.20 km
Berglauf lang

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:11:49

Speed: 11.03 km/h
Running performance: 5:26 min/km

Rank in course/Total: 56 (of 85)

Rank in course/Men: 53 (of 71)

Best time in course: 49:57

Rank in category: 12(of 12)

Best time in the category: 52:45