



31. Abend-Berg-Lauf
Friedrichroda / 24.04.2015

Detailed evaluation

Heßland, Ralf

Club: SV05 friedrichroda
Number: 373

Course: 13.20 km
Berglauf lang

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:12:51

Speed: 10.71 km/h
Running performance: 5:31 min/km

Rank in course/Total: 58 (of 85)

Rank in course/Men: 54 (of 71)

Best time in course: 49:57

Rank in category: 6(of 9)

Best time in the category: 1:01:02