



31. Abend-Berg-Lauf
Friedrichroda / 24.04.2015

Detailed evaluation

Ernst, Beate

Club: Triathlon Friedrichroda e.V.
Number: 431

Course: 6.90 km
Berglauf kurz

Category:
Seniorinnen W50 (50-54 Jahre)

Total time: 32:45

Speed: 10.99 km/h
Running performance: 4:45 min/km

Rank in course/Total: 14 (of 67)
Rank in course/Women: 3 (of 23)
Best time in course: 30:57

Rank in category: 1(of 2)
Best time in the category: 32:45