



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