



31. Abend-Berg-Lauf  
Friedrichroda / 24.04.2015

Detailed evaluation

Frank, Mario

Club: VK Vierkanthausen  
Number: 458

Course: 6.90 km  
Berglauf kurz

Category:  
Senioren M30 (30-34 Jahre)

Total time: 33:52

Speed: 10.63 km/h  
Running performance: 4:55 min/km

Rank in course/Total: 17 (of 67)

Rank in course/Men: 14 (of 44)

Best time in course: 26:32

Rank in category: 3(of 5)

Best time in the category: 26:32