



31. Abend-Berg-Lauf
Friedrichroda / 24.04.2015

Detailed evaluation

Kornhas, Christoph

Club: SV Emsetal

Number: 411

Course: 6.90 km

Berglauf kurz

Category:

Senioren M30 (30-34 Jahre)

Total time: 26:48

Speed: 13.43 km/h

Running performance: 3:53 min/km

Rank in course/Total: 2 (of 67)

Rank in course/Men: 2 (of 44)

Best time in course: 26:32

Rank in category: 2(of 5)

Best time in the category: 26:32