



31. Abend-Berg-Lauf
Friedrichroda / 24.04.2015

Detailed evaluation

Humbek, Frank

Club: Easy Riders Gotha
Number: 452

Course: 6.90 km
Berglauf kurz

Category:
Senioren M45 (45-49 Jahre)

Total time: 36:05

Speed: 11.47 km/h
Running performance: 5:14 min/km

Rank in course/Total: 22 (of 67)

Rank in course/Men: 19 (of 44)

Best time in course: 26:32

Rank in category: 4(of 7)

Best time in the category: 31:51