



31. Abend-Berg-Lauf  
Friedrichroda / 24.04.2015

Detailed evaluation

Löppen, Reinhard

Club: SV Emsetal  
Number: 462

Course: 6.90 km  
Berglauf kurz

Category:  
Senioren M55 (55-59 Jahre)

Total time: 30:13

Speed: 13.70 km/h  
Running performance: 4:23 min/km

Rank in course/Total: 4 (of 67)

Rank in course/Men: 4 (of 44)

Best time in course: 26:32

Rank in category: 1(of 5)

Best time in the category: 30:13