



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: 11.91 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