



31. Abend-Berg-Lauf  
Friedrichroda / 24.04.2015

Detailed evaluation

Schäfer, Heiko

Club: Triathlon Friedrichroda e.V.  
Number: 414

Course: 6.90 km  
Berglauf kurz

Category:  
Senioren M40 (40-44 Jahre)

Total time: 40:47

Speed: 8.83 km/h  
Running performance: 5:55 min/km

Rank in course/Total: 41 (of 67)

Rank in course/Men: 32 (of 44)

Best time in course: 26:32

Rank in category: 2(of 2)

Best time in the category: 38:23