



31. Abend-Berg-Lauf
Friedrichroda / 24.04.2015

Detailed evaluation

Langenhan, Uwe

Club: SC Eisenach

Number: 463

Course: 6.90 km

Berglauf kurz

Category:

Senioren M55 (55-59 Jahre)

Total time: 42:50

Speed: 8.40 km/h

Running performance: 6:13 min/km

Rank in course/Total: 50 (of 67)

Rank in course/Men: 37 (of 44)

Best time in course: 26:32

Rank in category: 5(of 5)

Best time in the category: 30:13