



31. Abend-Berg-Lauf
Friedrichroda / 24.04.2015

Detailed evaluation

Matthes, Jan

Club: Lauffreund Breitung
Number: 466

Course: 6.90 km
Berglauf kurz

Category:
Senioren M50 (50-54 Jahre)

Total time: 43:23

Speed: 9.54 km/h
Running performance: 6:17 min/km

Rank in course/Total: 53 (of 67)

Rank in course/Men: 39 (of 44)

Best time in course: 26:32

Rank in category: 4(of 4)

Best time in the category: 28:43