



31. Abend-Berg-Lauf
Friedrichroda / 24.04.2015

Detailed evaluation

Gothe, Stefan

Club: Triathlon Friedrichroda e.V.
Number: 309

Course: 13.20 km
Berglauf lang

Category:
Senioren M40 (40-44 Jahre)

Total time: 58:26

Speed: 13.35 km/h
Running performance: 4:26 min/km

Rank in course/Total: 11 (of 85)

Rank in course/Men: 11 (of 71)

Best time in course: 49:57

Rank in category: 3(of 7)

Best time in the category: 55:30