



31. Abend-Berg-Lauf
Friedrichroda / 24.04.2015

Detailed evaluation

Gernke, Markus

Club: Werratal Runers
Number: 312

Course: 13.20 km
Berglauf lang

Category:
Senioren M35 (35-39 Jahre)

Total time: 59:30

Speed: 13.11 km/h
Running performance: 4:31 min/km

Rank in course/Total: 12 (of 85)

Rank in course/Men: 12 (of 71)

Best time in course: 49:57

Rank in category: 3(of 12)

Best time in the category: 53:24