



31. Abend-Berg-Lauf
Friedrichroda / 24.04.2015

Detailed evaluation

Salzmann, Stefan

Club: Friedrichroda
Number: 305

Course: 13.20 km
Berglauf lang

Category:
Senioren M40 (40-44 Jahre)

Total time: 59:56

Speed: 13.01 km/h
Running performance: 4:32 min/km

Rank in course/Total: 13 (of 85)

Rank in course/Men: 13 (of 71)

Best time in course: 49:57

Rank in category: 4(of 7)

Best time in the category: 55:30