



31. Abend-Berg-Lauf
Friedrichroda / 24.04.2015

Detailed evaluation

Seifarth, Jan

Club: Sonntagsläufer Tambach-Dietharz
Number: 329

Course: 13.20 km
Berglauf lang

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:01:27

Speed: 12.69 km/h
Running performance: 4:40 min/km

Rank in course/Total: 17 (of 85)

Rank in course/Men: 16 (of 71)

Best time in course: 49:57

Rank in category: 4(of 6)

Best time in the category: 49:57