



31. Abend-Berg-Lauf
Friedrichroda / 24.04.2015

Detailed evaluation

Lüpke, Mirko

Number: 302

Course: 13.20 km
Berglauf lang

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:02:31

Speed: 12.48 km/h

Running performance: 4:44 min/km

Rank in course/Total: 19 (of 85)

Rank in course/Men: 18 (of 71)

Best time in course: 49:57

Rank in category: 4(of 12)

Best time in the category: 53:24