



31. Abend-Berg-Lauf
Friedrichroda / 24.04.2015

Detailed evaluation

Erdmann, Silvian

Club: Lauffeuer Fröttstädt
Number: 318

Course: 13.20 km
Berglauf lang

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:02:44

Speed: 12.62 km/h
Running performance: 4:45 min/km

Rank in course/Total: 20 (of 85)
Rank in course/Men: 19 (of 71)
Best time in course: 49:57

Rank in category: 5(of 7)
Best time in the category: 55:30