



31. Abend-Berg-Lauf
Friedrichroda / 24.04.2015

Detailed evaluation

Kühmel, Matthias

Number: 304

Course: 13.20 km
Berglauf lang

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:02:53

Speed: 12.59 km/h

Running performance: 4:46 min/km

Rank in course/Total: 21 (of 85)

Rank in course/Men: 20 (of 71)

Best time in course: 49:57

Rank in category: 4(of 12)

Best time in the category: 52:45