



31. Abend-Berg-Lauf
Friedrichroda / 24.04.2015

Detailed evaluation

Rölz, Sebastian

Club: Stadtilm
Number: 361

Course: 13.20 km
Berglauf lang

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:03:01

Speed: 12.38 km/h
Running performance: 4:46 min/km

Rank in course/Total: 22 (of 85)

Rank in course/Men: 21 (of 71)

Best time in course: 49:57

Rank in category: 5(of 6)

Best time in the category: 49:57