



31. Abend-Berg-Lauf
Friedrichroda / 24.04.2015

Detailed evaluation

Salzmann, Matthias

Club: Department-hfp Franke Fröttstädt
Number: 430

Course: 6.90 km
Berglauf kurz

Category:
Senioren M50 (50-54 Jahre)

Total time: 31:34

Speed: 11.40 km/h
Running performance: 4:34 min/km

Rank in course/Total: 9 (of 67)

Rank in course/Men: 7 (of 44)

Best time in course: 26:32

Rank in category: 2(of 4)

Best time in the category: 28:43