



31. Abend-Berg-Lauf Friedrichroda / 24.04.2015

Detailed evaluation

Ruga, Dominik

Club: Sättelstädt

Number: 376

Course: 13.20 km

Berglauf lang

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:05:54

Speed: 11.84 km/h

Running performance: 4:59 min/km

Rank in course/Total: 30 (of 85)

Rank in course/Men: 29 (of 71)

Best time in course: 49:57

Rank in category: 6(of 12)

Best time in the category: 53:24