



31. Abend-Berg-Lauf
Friedrichroda / 24.04.2015

Detailed evaluation

Pawlow, Kamen

Club: FSV 1950 Gotha
Number: 344

Course: 13.20 km
Berglauf lang

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:05:56

Speed: 11.83 km/h
Running performance: 4:59 min/km

Rank in course/Total: 32 (of 85)

Rank in course/Men: 31 (of 71)

Best time in course: 49:57

Rank in category: 2(of 8)

Best time in the category: 55:56