



7. Lauf Rund um das Schaubergwerk Röhrigschacht Sangerhausen / 28.03.2015

Detailed evaluation

Gabak, Guido

Club: NSV-Wernigerode

Number: 374

Course: 14.60 km

14,6 km Lauf - Steigerschleife

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:00:55

Speed: 13.79 km/h

Running performance: 4:10 min/km

Rank in course/Total: 5 (of 136)

Rank in course/Men: 3 (of 116)

Best time in course: 56:36

Rank in category: 1(of 10)

Best time in the category: 1:00:55