



## 29. Abend-Berg-Lauf Friedrichroda

Friedrichroda / 03.05.2013

### Detailed evaluation

**Kiefer, Joachim**

Club: Aspach

Number: 403

Course: 13.20 km

Berglauf lang

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:22:59

Speed: 9.40 km/h

Running performance: 6:17 min/km

Rank in course/Total: 83 (of 90)

Rank in course/Men: 69 (of 74)

Best time in course: 51:51

Rank in category: 7(of 7)

Best time in the category: 1:02:23