



## 29. Abend-Berg-Lauf Friedrichroda

Friedrichroda / 03.05.2013

### Detailed evaluation

**Seeber, Michael**

Club: Herrenhof

Number: 285

Course: 6.90 km

Berglauf kurz

Category:

Senioren M40 (40-44 Jahre)

Total time: 34:30

Speed: 10.43 km/h

Running performance: 5:00 min/km

Rank in course/Total: 30 (of 84)

Rank in course/Men: 25 (of 61)

Best time in course: 29:46

Rank in category: 3(of 7)

Best time in the category: 33:08