



30. Abend-Berg-Lauf  
Friedrichroda / 02.05.2014

Detailed evaluation

**Seiffert, Martin**

Club: Tabarzer SV 1887 e.v.  
Number: 328

Course: 6.90 km  
Berglauf kurz

Category:  
Senioren M30 (30-34 Jahre)

Total time: 33:25

Speed: 10.77 km/h  
Running performance: 4:50 min/km

Rank in course/Total: 16 (of 76)

Rank in course/Men: 13 (of 54)

Best time in course: 26:24

Rank in category: 3(of 6)

Best time in the category: 26:24