



17. Hainichlauf  
Mihla / 26.06.2011

## Detailed evaluation

**Seyfarth, Sebastian**

Club: 1. SV Gera  
Number: 259

Course: 13.00 km  
Mittelstrecke

Category:  
Männer M20

Total time: 51:20

Speed: 15.19 km/h  
Running performance: 3:57 min/km

Rank in course/Total: 4 (of 98)

Rank in course/Men: 4 (of 72)

Best time in course: 45:40

Rank in category: 2(of 7)

Best time in the category: 45:40