



13. Kirschlauf  
Kleinfahner / 16.06.2013

## Detailed evaluation

**Seifert, Manuela**

Club: MTV 1860  
Number: 511

Course: 4.00 km  
4 km-Lauf (Schüler und Jedermann)

Category:  
Jedermann weiblich

Total time: 24:02

Speed: 9.99 km/h  
Running performance: 6:01 min/km

Rank in course/Total: 68 (of 96)  
Rank in course/Women: 32 (of 56)

Best time in course: 17:24

Rank in category: 18(of 35)  
Best time in the category: 17:42