



17. Mühlhäuser Altstadtlauf  
Mühlhausen / 24.08.2013

Detailed evaluation

Seyfarth, Sebastian

Club: Erfurt  
Number: 2175

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 49:01

Speed: 12.24 km/h  
Running performance: 4:54 min/km

Rank in course/Total: 69 (of 167)

Rank in course/Men: 66 (of 130)

Best time in course: 34:30

Rank in category: 9(of 15)

Best time in the category: 34:30