



1. Abbel-Lauf des TSV Berkersheim  
Frankfurt Berkersheim / 07.09.2014

Detailed evaluation

**Seibert, Sven**

Club: Somariky  
Number: 15

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M30 (30-39 Jahre)

Total time: 46:37

Speed: 12.87 km/h  
Running performance: 4:40 min/km

Rank in course/Total: 8 (of 33)

Rank in course/Men: 7 (of 26)

Best time in course: 43:15

Rank in category: 1(of 3)

Best time in the category: 46:37