



35. Wartburglauf  
Eisenach / 28.09.2014

## Detailed evaluation

**Seifarth, Jan**

Club: Team Enjoy Schnepfental  
Number: 425

Course: 6.20 km  
Lauf Kurz

Category:  
Senioren M30 (30-34 Jahre)

Total time: 28:18

Speed: 13.14 km/h  
Running performance: 4:34 min/km

Rank in course/Total: 4 (of 36)

Rank in course/Men: 4 (of 21)

Best time in course: 26:54

Rank in category: 1(of 1)

Best time in the category: 28:18