



## 21. Hainich-Lauf

Mihla / 01.05.2015

### Detailed evaluation

#### Seifert, Matthias

Club: FSV Preußen Bad Langensalza

Number: 131

Course: 6.60 km

Kurzstrecke

Category:

Senioren M45 (45-49 Jahre)

Total time: 39:25

Speed: 9.13 km/h

Running performance: 5:58 min/km

Rank in course/Total: 34 (of 48)

Rank in course/Men: 25 (of 36)

Best time in course: 23:30

Rank in category: 5(of 5)

Best time in the category: 25:20