



Winterlaufserie 2015 / 3.Lauf
Creuzburg / 29.03.2015

Detailed evaluation

Seifarth, Jan

Club: Sonntagsläufer Tambach-Dietharz
Number: 346

Course: 11.30 km
Langdistanz

Category:
Senioren M30 (30-34 Jahre)

Total time: 50:05

Speed: 13.18 km/h
Running performance: 4:26 min/km

Rank in course/Total: 33 (of 98)

Rank in course/Men: 17 (of 82)

Best time in course: 39:49

Rank in category: 3(of 8)

Best time in the category: 43:49