



22. Hainich-Lauf
Mihla / 01.05.2016

Detailed evaluation

Seifert, Matthias

Club: FSV Preußen LSZ
Number: 124

Course: 6.60 km
Kurzstrecke

Category:
Senioren M45 (45-49 Jahre)

Total time: 39:05

Speed: 9.21 km/h
Running performance: 5:55 min/km

Rank in course/Total: 18 (of 37)

Rank in course/Men: 12 (of 21)

Best time in course: 25:09

Rank in category: 2(of 3)

Best time in the category: 33:55