



## 13. Town & Country Rennsteigquerung

Welterbe-Luther-Region / 26.06.2016

### Detailed evaluation

**Seifferth, Stefan**

Club: Alea Sanitas

Number: 490

Course: 11.00 km

Viertelmarathon (Lauf)

Category:

Senioren M35

Total time: 55:50

Speed: 11.82 km/h

Running performance: 5:05 min/km

Rank in course/Total: 8 (of 32)

Rank in course/Men: 7 (of 18)

Best time in course: 46:01

Rank in category: 2(of 3)

Best time in the category: 55:15