



3Türmelauf

Bad Langensalza / 30.04.2017

Detailed evaluation

Seyfarth, Sebastian

Club: 1. SV Gera

Number: 1932

Course: 12.50 km

12,5 km -Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 48:03

Speed: 15.61 km/h

Running performance: 3:50 min/km

Rank in course/Total: 6 (of 246)

Rank in course/Men: 6 (of 190)

Best time in course: 41:16

Rank in category: 3(of 22)

Best time in the category: 41:16