



5.Erfurter Waldlauf und 17.Thüringer Frauenlauf
Erfurt, Steigerwald / 11.06.2017

Detailed evaluation

Kallenbach, Sebastian

Club: Connected Runners Weimar
Number: 256

Course: 12.00 km
Erfurter Waldlauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:03:03

Speed: 11.42 km/h
Running performance: 5:15 min/km

Rank in course/Total: 56 (of 117)

Rank in course/Men: 56 (of 117)

Best time in course: 43:59

Rank in category: 8(of 10)

Best time in the category: 46:24