



23. Hainich-Lauf  
Mihla / 01.05.2017

## Detailed evaluation

**Seifert, Matthias**

Club: FSV Preußen LSZ  
Number: 243

Course: 13.00 km  
Mittelstrecke

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:18:03

Speed: 9.99 km/h  
Running performance: 6:00 min/km

Rank in course/Total: 42 (of 69)

Rank in course/Men: 40 (of 50)

Best time in course: 53:47

Rank in category: 7(of 8)

Best time in the category: 1:04:34