



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Seyfarth, Sebastian

Club: Gera
Number: 53

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 44:21

Speed: 16.23 km/h
Running performance: 3:33 min/km

Rank in course/Total: 3 (of 211)

Rank in course/Men: 3 (of 156)

Best time in course: 41:01

Rank in category: 1(of 17)

Best time in the category: 44:21