



43. Kienberglauf  
Oehrenstock / 29.09.2024

## Detailed evaluation

**Seyfarth, Sebastian**

Club: 1. SV Gera  
Number: 974

Course: 16.60 km  
16 km Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 1:06:50

Speed: 14.36 km/h  
Running performance: 4:02 min/km

Rank in course/Total: 1 (of 23)

Rank in course/Men: 1 (of 15)

Best time in course: 1:06:50

Rank in category: 1(of 3)

Best time in the category: 1:06:50