



43. Kienberglauf  
Oehrenstock / 29.09.2024

## Detailed evaluation

**Seyfferth, Jan**

Club: Spvgg Geratal  
Number: 211

Course: 4.42 km  
5 km Jedermannslauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 27:53

Speed: 8.61 km/h  
Running performance: 6:19 min/km

Rank in course/Total: 5 (of 9)

Rank in course/Men: 4 (of 6)

Best time in course: 23:07

Rank in category: 3(of 4)

Best time in the category: 23:07