



3Türmelauf  
Bad Langensalza / 21.04.2013

## Detailed evaluation

**Seehof, Frank**

Club: SV 1922 Thamsbrück  
Number: 169

Course: 12.50 km  
12,5 km-Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 55:41

Speed: 12.93 km/h  
Running performance: 4:27 min/km

Rank in course/Total: 18 (of 148)

Rank in course/Men: 18 (of 114)

Best time in course: 43:53

Rank in category: 4(of 22)

Best time in the category: 48:38