



## 3Türmelauf

Bad Langensalza / 21.04.2013

### Detailed evaluation

#### Seehof, Manuela

Club: Thamsbrück

Number: 170

Course: 12.50 km

12,5 km-Lauf

Category:

Seniorinnen W35 (35-39 Jahre)

Total time: 1:23:31

Speed: 8.98 km/h

Running performance: 6:41 min/km

Rank in course/Total: 147 (of 148)

Rank in course/Women: 33 (of 34)

Best time in course: 58:33

Rank in category: 3(of 3)

Best time in the category: 1:05:43