



2. Creuzburger Stadtlauf

Creuzburg / 29.06.2013

Detailed evaluation

Seehof, Frank

Club: SV 1992 Taamsbrück

Number: 122

Course: 13.50 km

Hauptlauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:05:11

Speed: 11.97 km/h

Running performance: 4:50 min/km

Rank in course/Total: 21 (of 82)

Rank in course/Men: 20 (of 64)

Best time in course: 48:15

Rank in category: 5(of 13)

Best time in the category: 56:43