



3Türmelauf 2014  
Bad Langensalza / 27.04.2014

Detailed evaluation

Seehof, Manuela

Club: Thamsbrück  
Number: 134

Course: 12.50 km  
12,5 km-Lauf

Category:  
Seniorinnen W35 (35-39 Jahre)

Total time: 1:11:06

Speed: 10.55 km/h  
Running performance: 5:41 min/km

Rank in course/Total: 116 (of 156)

Rank in course/Women: 24 (of 47)

Best time in course: 57:38

Rank in category: 3(of 5)

Best time in the category: 1:07:18