



3Türmelauf 2014
Bad Langensalza / 27.04.2014

Detailed evaluation

Seehof, Frank

Club: 1922 SV Thamsbrück
Number: 130

Course: 12.50 km
12,5 km-Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 56:34

Speed: 12.73 km/h
Running performance: 4:32 min/km

Rank in course/Total: 22 (of 156)

Rank in course/Men: 22 (of 109)

Best time in course: 42:05

Rank in category: 4(of 16)

Best time in the category: 47:58