



3Türmelauf 2014  
Bad Langensalza / 27.04.2014

## Detailed evaluation

**Seifert, Matthias**

Club: FSV Preußen Bad Langensalza  
Number: 142

Course: 12.50 km  
12,5 km-Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:01:40

Speed: 11.68 km/h  
Running performance: 4:56 min/km

Rank in course/Total: 45 (of 156)

Rank in course/Men: 41 (of 109)

Best time in course: 42:05

Rank in category: 10(of 19)

Best time in the category: 46:23