



14. Kirschlauf  
Kleinfahner / 15.06.2014

## Detailed evaluation

**Seehof, Frank**

Club: SV 1922 Thamsbrück  
Number: 278

Course: 14.00 km  
Hauptlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:06:09

Speed: 12.70 km/h  
Running performance: 4:43 min/km

Rank in course/Total: 33 (of 222)

Rank in course/Men: 32 (of 166)

Best time in course: 52:15

Rank in category: 7(of 29)

Best time in the category: 57:08