



12. Kanonenbahnlauf
Lengenfeld unterm Stein / 28.06.2014

Detailed evaluation

Seehof, Frank

Club: SV 1922 Thamsbrück
Number: 428

Course: 16.00 km
Kanonenbahnlauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:25:55

Speed: 11.17 km/h
Running performance: 5:22 min/km

Rank in course/Total: 32 (of 73)

Rank in course/Men: 31 (of 63)

Best time in course: 59:28

Rank in category: 5(of 10)

Best time in the category: 1:13:55