



12. Kanonenbahnlauf  
Lengenfeld unterm Stein / 28.06.2014

Detailed evaluation

**Seehof, Manuela**

Club: Thamsbrück  
Number: 429

Course: 16.00 km  
Kanonenbahnlauf

Category:  
Seniorinnen W35 (35-39 Jahre)

Total time: 1:45:45

Speed: 9.08 km/h  
Running performance: 6:37 min/km

Rank in course/Total: 64 (of 73)  
Rank in course/Women: 8 (of 10)  
Best time in course: 1:19:29

Rank in category: 1(of 1)  
Best time in the category: 1:45:45