



18. Mühlhäuser Altstadtlauf  
Mühlhausen / 30.08.2014

Detailed evaluation

Seehof, Frank

Club: SV 1922 Thamsbrück  
Number: 2447

Course: 10.00 km  
Hauptlauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 44:23

Speed: 13.52 km/h  
Running performance: 4:26 min/km

Rank in course/Total: 53 (of 170)

Rank in course/Men: 51 (of 136)

Best time in course: 31:29

Rank in category: 5(of 17)

Best time in the category: 41:05