



3Türmelauf

Bad Langensalza / 19.04.2015

Detailed evaluation

Seehof, Frank

Club: SV Thamsbrück

Number: 209

Course: 12.50 km

12,5 km -Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 55:17

Speed: 13.02 km/h

Running performance: 4:25 min/km

Rank in course/Total: 22 (of 193)

Rank in course/Men: 21 (of 142)

Best time in course: 42:15

Rank in category: 7(of 21)

Best time in the category: 48:32