



3Türmelauf  
Bad Langensalza / 19.04.2015

Detailed evaluation

**Seifert, Matthias**

Club: Bad Langensalza  
Number: 166

Course: 12.50 km  
12,5 km -Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 58:09

Speed: 12.38 km/h  
Running performance: 4:39 min/km

Rank in course/Total: 35 (of 193)

Rank in course/Men: 32 (of 142)

Best time in course: 42:15

Rank in category: 8(of 21)

Best time in the category: 48:32