



3Türmelauf

Bad Langensalza / 24.04.2016

Detailed evaluation

Seehof, Frank

Club: SV 1922 Thamsbrück

Number: 1242

Course: 12.50 km

12,5 km -Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 59:48

Speed: 12.54 km/h

Running performance: 4:47 min/km

Rank in course/Total: 47 (of 188)

Rank in course/Men: 42 (of 138)

Best time in course: 41:37

Rank in category: 9(of 24)

Best time in the category: 47:12