



3Türmelauf

Bad Langensalza / 24.04.2016

Detailed evaluation

Seifert, Matthias

Club: FSV Preussen

Number: 1198

Course: 12.50 km

12,5 km -Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:10:06

Speed: 10.70 km/h

Running performance: 5:37 min/km

Rank in course/Total: 134 (of 188)

Rank in course/Men: 112 (of 138)

Best time in course: 41:37

Rank in category: 20(of 24)

Best time in the category: 47:12