



3Türmelauf  
Bad Langensalza / 24.04.2016

Detailed evaluation

Seehof, Manuela

Club: Thamsbrück  
Number: 1241

Course: 12.50 km  
12,5 km -Lauf

Category:  
Seniorinnen W40 (40-44 Jahre)

Total time: 1:16:18

Speed: 9.83 km/h  
Running performance: 6:06 min/km

Rank in course/Total: 169 (of 188)

Rank in course/Women: 37 (of 50)

Best time in course: 55:38

Rank in category: 6(of 8)

Best time in the category: 1:07:00