



3Türmelauf
Bad Langensalza / 30.04.2017

Detailed evaluation

Seehof, Frank

Club: SV 1922 Thamsbrück
Number: 1925

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 59:18

Speed: 12.14 km/h
Running performance: 4:44 min/km

Rank in course/Total: 67 (of 246)

Rank in course/Men: 64 (of 190)

Best time in course: 41:16

Rank in category: 11(of 29)

Best time in the category: 45:09