



3Türmelauf

Bad Langensalza / 14.04.2019

Detailed evaluation

Seehof, Frank

Club: SV 1922 Thamsbrück

Number: 187

Course: 12.50 km

12,5 km -Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 58:51

Speed: 12.23 km/h

Running performance: 4:43 min/km

Rank in course/Total: 61 (of 211)

Rank in course/Men: 55 (of 156)

Best time in course: 41:01

Rank in category: 4(of 15)

Best time in the category: 48:32