



3Türmelauf  
Bad Langensalza / 21.04.2013

Detailed evaluation

Hesse, Uwe

Club: physio-k.hesse  
Number: 84

Course: 12.50 km  
12,5 km-Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 51:59

Speed: 14.43 km/h  
Running performance: 4:10 min/km

Rank in course/Total: 7 (of 148)

Rank in course/Men: 6 (of 114)

Best time in course: 43:53

Rank in category: 1(of 8)

Best time in the category: 51:59