



3Türmelauf

Bad Langensalza / 21.04.2013

Detailed evaluation

Heising, Patrick

Club: Zimmern

Number: 9

Course: 12.50 km

12,5 km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:02:00

Speed: 12.10 km/h

Running performance: 4:58 min/km

Rank in course/Total: 56 (of 148)

Rank in course/Men: 52 (of 114)

Best time in course: 43:53

Rank in category: 5(of 11)

Best time in the category: 55:59