



3Türmelauf
Bad Langensalza / 21.04.2013

Detailed evaluation

Helbig, Diezhard

Club: Bad Langensalza
Number: 147

Course: 12.50 km
12,5 km-Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:02:41

Speed: 11.49 km/h
Running performance: 5:01 min/km

Rank in course/Total: 61 (of 148)

Rank in course/Men: 57 (of 114)

Best time in course: 43:53

Rank in category: 3(of 8)

Best time in the category: 51:59