



3Türmelauf  
Bad Langensalza / 21.04.2013

Detailed evaluation

Heerd, Thomas

Club: TSG Heilbronn  
Number: 153

Course: 12.50 km  
12,5 km-Lauf

Category:  
Männer (20-29 Jahre)

Total time: 1:06:26

Speed: 10.84 km/h  
Running performance: 5:19 min/km

Rank in course/Total: 82 (of 148)

Rank in course/Men: 75 (of 114)

Best time in course: 43:53

Rank in category: 11(of 14)

Best time in the category: 43:53