



3Türmelauf
Bad Langensalza / 21.04.2013

Detailed evaluation

Henke, Riccardo

Club: Mc Bad Langensalza/Ufhoven
Number: 20

Course: 12.50 km
12,5 km-Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:07:59

Speed: 10.59 km/h
Running performance: 5:26 min/km

Rank in course/Total: 89 (of 148)

Rank in course/Men: 81 (of 114)

Best time in course: 43:53

Rank in category: 9(of 10)

Best time in the category: 49:18