



3Türmelauf  
Bad Langensalza / 21.04.2013

## Detailed evaluation

Ertel, Frank

Club: Laufwoelfe  
Number: 146

Course: 12.50 km  
12,5 km-Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 1:09:56

Speed: 10.72 km/h  
Running performance: 5:35 min/km

Rank in course/Total: 110 (of 148)

Rank in course/Men: 95 (of 114)

Best time in course: 43:53

Rank in category: 6(of 8)

Best time in the category: 51:59