



3Türmelauf  
Bad Langensalza / 21.04.2013

Detailed evaluation

Harnisch, Holger

Club: Borbet  
Number: 144

Course: 12.50 km  
12,5 km-Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 1:14:11

Speed: 9.71 km/h  
Running performance: 5:56 min/km

Rank in course/Total: 124 (of 148)

Rank in course/Men: 105 (of 114)

Best time in course: 43:53

Rank in category: 7(of 8)

Best time in the category: 51:59