



3Türmelauf

Bad Langensalza / 21.04.2013

Detailed evaluation

Hain, Christoph

Club: Gerstungen

Number: 154

Course: 12.50 km

12,5 km-Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:15:54

Speed: 9.49 km/h

Running performance: 6:04 min/km

Rank in course/Total: 129 (of 148)

Rank in course/Men: 108 (of 114)

Best time in course: 43:53

Rank in category: 8(of 8)

Best time in the category: 51:59