



3Türmelauf  
Bad Langensalza / 21.04.2013

Detailed evaluation

Dünnebeil, Frank

Club: Bad Langensalza  
Number: 56

Course: 12.50 km  
12,5 km-Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:19:08

Speed: 9.10 km/h  
Running performance: 6:20 min/km

Rank in course/Total: 135 (of 148)

Rank in course/Men: 111 (of 114)

Best time in course: 43:53

Rank in category: 22(of 22)

Best time in the category: 48:38