



3Türmelauf

Bad Langensalza / 21.04.2013

Detailed evaluation

Ziemann, Ulf

Club: SV Empor

Number: 150

Course: 12.50 km

12,5 km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:21:00

Speed: 8.89 km/h

Running performance: 6:29 min/km

Rank in course/Total: 142 (of 148)

Rank in course/Men: 112 (of 114)

Best time in course: 43:53

Rank in category: 27(of 27)

Best time in the category: 51:37