



3Türmelauf
Bad Langensalza / 21.04.2013

Detailed evaluation

Knäbe, Winfried

Club: Bad Langensalza
Number: 219

Course: 5.00 km
5 km-Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 33:36

Speed: 8.93 km/h
Running performance: 6:43 min/km

Rank in course/Total: 54 (of 61)

Rank in course/Men: 33 (of 34)

Best time in course: 18:14

Rank in category: 1(of 1)

Best time in the category: 33:36