



3Türmelauf  
Bad Langensalza / 21.04.2013

## Detailed evaluation

Engelhardt, Siegmar

Club: SV Grün Weiss Schönstedt  
Number: 268

Course: 5.00 km  
5 km-Lauf

Category:  
Senioren M60 (60-64 Jahre)

Total time: 23:09

Speed: 12.96 km/h  
Running performance: 4:38 min/km

Rank in course/Total: 7 (of 61)

Rank in course/Men: 7 (of 34)

Best time in course: 18:14

Rank in category: 1(of 1)

Best time in the category: 23:09