



3Türmelauf 2014  
Bad Langensalza / 27.04.2014

Detailed evaluation

Dünnebeil, Frank

Club: Bad Langensalza  
Number: 20

Course: 12.50 km  
12,5 km-Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:15:12

Speed: 9.57 km/h  
Running performance: 6:01 min/km

Rank in course/Total: 131 (of 156)

Rank in course/Men: 98 (of 109)

Best time in course: 42:05

Rank in category: 15(of 16)

Best time in the category: 47:58