



3Türmelauf 2014
Bad Langensalza / 27.04.2014

Detailed evaluation

Heß, Bernd

Club: Bad Langensalza
Number: 535

Course: 5.00 km
5 km-Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 23:41

Speed: 12.67 km/h
Running performance: 4:44 min/km

Rank in course/Total: 26 (of 105)

Rank in course/Men: 26 (of 71)

Best time in course: 17:43

Rank in category: 1(of 4)

Best time in the category: 23:41