



3Türmelauf 2014
Bad Langensalza / 27.04.2014

Detailed evaluation

Helbig, Diethard

Club: Bad Langensalza
Number: 43

Course: 12.50 km
12,5 km-Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:00:45

Speed: 11.85 km/h
Running performance: 4:52 min/km

Rank in course/Total: 38 (of 156)

Rank in course/Men: 35 (of 109)

Best time in course: 42:05

Rank in category: 2(of 9)

Best time in the category: 56:01