



3Türmelauf 2014
Bad Langensalza / 27.04.2014

Detailed evaluation

Rose, Frank

Club: Behringen
Number: 167

Course: 12.50 km
12,5 km-Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:03:00

Speed: 11.90 km/h
Running performance: 5:02 min/km

Rank in course/Total: 59 (of 156)

Rank in course/Men: 51 (of 109)

Best time in course: 42:05

Rank in category: 5(of 17)

Best time in the category: 55:32