



3Türmelauf 2014
Bad Langensalza / 27.04.2014

Detailed evaluation

Ziemann, Ulf

Club: Salza Vita Gesundheitszentrum UG
Number: 125

Course: 12.50 km
12,5 km-Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:09:12

Speed: 10.40 km/h
Running performance: 5:32 min/km

Rank in course/Total: 105 (of 156)

Rank in course/Men: 85 (of 109)

Best time in course: 42:05

Rank in category: 18(of 19)

Best time in the category: 46:23