



3Türmelauf  
Bad Langensalza / 19.04.2015

## Detailed evaluation

Heidel, Stephan

Club: Erfurt  
Number: 59

Course: 5.00 km  
5 km - Lauf

Category:  
Senioren M60 (60-64 Jahre)

Total time: 23:14

Speed: 12.91 km/h  
Running performance: 4:39 min/km

Rank in course/Total: 17 (of 227)

Rank in course/Men: 16 (of 124)

Best time in course: 17:46

Rank in category: 1(of 4)

Best time in the category: 23:14