



3Türmelauf
Bad Langensalza / 19.04.2015

Detailed evaluation

Hiese, Bernd

Club: SLG Bad Langensalza
Number: 63

Course: 5.00 km
5 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 26:01

Speed: 11.53 km/h
Running performance: 5:12 min/km

Rank in course/Total: 53 (of 227)

Rank in course/Men: 43 (of 124)

Best time in course: 17:46

Rank in category: 1(of 2)

Best time in the category: 26:01