



3Türmelauf  
Bad Langensalza / 19.04.2015

## Detailed evaluation

**Rainer, Henning**

Club: Fahrrad Henning  
Number: 198

Course: 5.00 km  
5 km - Lauf

Category:  
Senioren M65 (65-69 Jahre)

Total time: 30:13

Speed: 9.93 km/h  
Running performance: 6:02 min/km

Rank in course/Total: 123 (of 227)

Rank in course/Men: 84 (of 124)

Best time in course: 17:46

Rank in category: 1(of 2)

Best time in the category: 30:13