



3Türmelauf

Bad Langensalza / 19.04.2015

Detailed evaluation

Liersch, Heiko

Club: FSV Preussen

Number: 253

Course: 5.00 km

5 km - Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 31:30

Speed: 9.52 km/h

Running performance: 6:18 min/km

Rank in course/Total: 143 (of 227)

Rank in course/Men: 97 (of 124)

Best time in course: 17:46

Rank in category: 9(of 9)

Best time in the category: 22:34