



3Türmelauf
Bad Langensalza / 19.04.2015

Detailed evaluation

Knäbe, Winfried

Club: Mitteldeutsche Boltschule
Number: 254

Course: 5.00 km
5 km - Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 32:47

Speed: 9.15 km/h
Running performance: 6:34 min/km

Rank in course/Total: 159 (of 227)

Rank in course/Men: 103 (of 124)

Best time in course: 17:46

Rank in category: 4(of 4)

Best time in the category: 23:14