



## 3Türmelauf

Bad Langensalza / 19.04.2015

### Detailed evaluation

**Hammer, Josef**

Club: TTV TWB Bad Langensalza e. V.

Number: 49

Course: 5.00 km

5 km - Lauf

Category:

Senioren M65 (65-69 Jahre)

Total time: 35:27

Speed: 8.46 km/h

Running performance: 7:05 min/km

Rank in course/Total: 193 (of 227)

Rank in course/Men: 119 (of 124)

Best time in course: 17:46

Rank in category: 2(of 2)

Best time in the category: 30:13