



3Türmelauf  
Bad Langensalza / 19.04.2015

Detailed evaluation

Ziezold, Jörg

Club: Bad Langensalza  
Number: 157

Course: 12.50 km  
12,5 km -Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 54:40

Speed: 13.17 km/h  
Running performance: 4:22 min/km

Rank in course/Total: 20 (of 193)

Rank in course/Men: 19 (of 142)

Best time in course: 42:15

Rank in category: 3(of 22)

Best time in the category: 42:15