



3Türmelauf
Bad Langensalza / 19.04.2015

Detailed evaluation

Helbig, Diethard

Club: Bad Langensalza
Number: 169

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:01:07

Speed: 11.78 km/h
Running performance: 4:53 min/km

Rank in course/Total: 56 (of 193)

Rank in course/Men: 50 (of 142)

Best time in course: 42:15

Rank in category: 1(of 8)

Best time in the category: 1:01:07