



3Türmelauf  
Bad Langensalza / 19.04.2015

Detailed evaluation

Kästner, Bernd

Club: Bad langensalza  
Number: 56

Course: 12.50 km  
12,5 km -Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 1:01:15

Speed: 11.76 km/h  
Running performance: 4:54 min/km

Rank in course/Total: 59 (of 193)

Rank in course/Men: 53 (of 142)

Best time in course: 42:15

Rank in category: 2(of 8)

Best time in the category: 1:01:07