



3Türmelauf
Bad Langensalza / 19.04.2015

Detailed evaluation

Thomas, Jochen

Number: 159

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:07:00

Speed: 10.75 km/h

Running performance: 5:22 min/km

Rank in course/Total: 102 (of 193)

Rank in course/Men: 91 (of 142)

Best time in course: 42:15

Rank in category: 5(of 8)

Best time in the category: 1:01:07