



3Türmelauf

Bad Langensalza / 19.04.2015

Detailed evaluation

Ziemann, Ulf

Club: Salza Vita Gesundheitszentrum UG
Number: 155

Course: 12.50 km
12,5 km -Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:08:37

Speed: 10.49 km/h

Running performance: 5:29 min/km

Rank in course/Total: 122 (of 193)

Rank in course/Men: 104 (of 142)

Best time in course: 42:15

Rank in category: 18(of 21)

Best time in the category: 48:32