



3Türmelauf
Bad Langensalza / 19.04.2015

Detailed evaluation

Feja, Ralf

Club: 1.SGV Mühlhausen
Number: 30

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:09:43

Speed: 10.33 km/h
Running performance: 5:35 min/km

Rank in course/Total: 136 (of 193)

Rank in course/Men: 113 (of 142)

Best time in course: 42:15

Rank in category: 7(of 8)

Best time in the category: 1:01:07