



3Türmelauf
Bad Langensalza / 19.04.2015

Detailed evaluation

Hellmundt, Silvio

Club: MC Bad Langensalza / Ufhoven e.V.
Number: 45

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:14:27

Speed: 9.67 km/h
Running performance: 5:58 min/km

Rank in course/Total: 164 (of 193)

Rank in course/Men: 129 (of 142)

Best time in course: 42:15

Rank in category: 22(of 25)

Best time in the category: 46:59