



3Türmelauf
Bad Langensalza / 19.04.2015

Detailed evaluation

Dünnebeil, Frank

Club: Bad Langensalza
Number: 25

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:18:25

Speed: 9.18 km/h
Running performance: 6:16 min/km

Rank in course/Total: 181 (of 193)

Rank in course/Men: 138 (of 142)

Best time in course: 42:15

Rank in category: 21(of 21)

Best time in the category: 48:32