



3Türmelauf  
Bad Langensalza / 19.04.2015

Detailed evaluation

Warschun, Lothar

Club: Bad Langensalza  
Number: 148

Course: 12.50 km  
12,5 km -Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 1:31:32

Speed: 7.87 km/h  
Running performance: 7:19 min/km

Rank in course/Total: 193 (of 193)

Rank in course/Men: 142 (of 142)

Best time in course: 42:15

Rank in category: 8(of 8)

Best time in the category: 1:01:07