



## 3Türmelauf

Bad Langensalza / 24.04.2016

### Detailed evaluation

Heidel, Stephan

Club: Erfurt  
Number: 565

Course: 5.00 km  
5 km - Lauf

Category:  
Senioren M60 (60-64 Jahre)

Total time: 23:15

Speed: 12.90 km/h  
Running performance: 4:39 min/km

Rank in course/Total: 15 (of 242)

Rank in course/Men: 14 (of 137)

Best time in course: 18:28

Rank in category: 1(of 4)

Best time in the category: 23:15