



3Türmelauf
Bad Langensalza / 24.04.2016

Detailed evaluation

Helbig, Jörg

Club: TTSV Herbsleben
Number: 568

Course: 5.00 km
5 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 26:22

Speed: 11.38 km/h
Running performance: 5:16 min/km

Rank in course/Total: 74 (of 242)

Rank in course/Men: 60 (of 137)

Best time in course: 18:28

Rank in category: 5(of 10)

Best time in the category: 25:26