



3Türmelauf  
Bad Langensalza / 24.04.2016

## Detailed evaluation

Hauer, Frank

Club: die Haus  
Number: 561

Course: 5.00 km  
5 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 27:20

Speed: 10.98 km/h  
Running performance: 5:28 min/km

Rank in course/Total: 91 (of 242)

Rank in course/Men: 76 (of 137)

Best time in course: 18:28

Rank in category: 5(of 11)

Best time in the category: 22:48