



3Türmelauf  
Bad Langensalza / 24.04.2016

## Detailed evaluation

Schädler, Holger

Club: Bad Langensalza  
Number: 692

Course: 5.00 km  
5 km - Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 29:11

Speed: 10.28 km/h  
Running performance: 5:50 min/km

Rank in course/Total: 133 (of 242)

Rank in course/Men: 95 (of 137)

Best time in course: 18:28

Rank in category: 2(of 4)

Best time in the category: 26:47