



3Türmelauf

Bad Langensalza / 24.04.2016

Detailed evaluation

Hiese, Bernd

Club: SLG Bad Langensalza

Number: 576

Course: 5.00 km

5 km - Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 30:48

Speed: 9.74 km/h

Running performance: 6:10 min/km

Rank in course/Total: 163 (of 242)

Rank in course/Men: 108 (of 137)

Best time in course: 18:28

Rank in category: 4(of 4)

Best time in the category: 26:47