



3Türmelauf

Bad Langensalza / 24.04.2016

Detailed evaluation

Hellmundt, Silvio

Club: MC Bad Langensalza / Ufhoven e.V.
Number: 572

Course: 5.00 km

5 km - Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 31:00

Speed: 9.68 km/h

Running performance: 6:12 min/km

Rank in course/Total: 173 (of 242)

Rank in course/Men: 113 (of 137)

Best time in course: 18:28

Rank in category: 6(of 7)

Best time in the category: 22:06