



3Türmelauf
Bad Langensalza / 24.04.2016

Detailed evaluation

Henning, Rainer

Club: Zweirad Henning
Number: 573

Course: 5.00 km
5 km - Lauf

Category:
Senioren M65 (65-69 Jahre)

Total time: 30:51

Speed: 9.72 km/h
Running performance: 6:10 min/km

Rank in course/Total: 168 (of 242)

Rank in course/Men: 111 (of 137)

Best time in course: 18:28

Rank in category: 1(of 1)

Best time in the category: 30:51