



## 3Türmelauf

Bad Langensalza / 24.04.2016

### Detailed evaluation

#### Knäbe, Winfried

Club: Mitteldeutsche Ballschule

Number: 618

Course: 5.00 km

5 km - Lauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 33:43

Speed: 8.90 km/h

Running performance: 6:44 min/km

Rank in course/Total: 210 (of 242)

Rank in course/Men: 129 (of 137)

Best time in course: 18:28

Rank in category: 3(of 4)

Best time in the category: 23:15