



## 3Türmelauf

Bad Langensalza / 24.04.2016

### Detailed evaluation

**Geißler, Ronald**

Club: MC Bad Langensalza / Ufhoven e.V.  
Number: 546

Course: 5.00 km  
5 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 33:01

Speed: 9.09 km/h  
Running performance: 6:36 min/km

Rank in course/Total: 201 (of 242)

Rank in course/Men: 127 (of 137)

Best time in course: 18:28

Rank in category: 7(of 7)

Best time in the category: 22:06