



3Türmelauf
Bad Langensalza / 24.04.2016

Detailed evaluation

Hesse, Uwe

Club: Physio K.Hesse/ Mühlhausen
Number: 1097

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 50:01

Speed: 14.40 km/h
Running performance: 4:00 min/km

Rank in course/Total: 5 (of 188)

Rank in course/Men: 5 (of 138)

Best time in course: 41:37

Rank in category: 1(of 8)

Best time in the category: 50:01