



3Türmelauf  
Bad Langensalza / 24.04.2016

Detailed evaluation

Heim, Christian

Club: Wiebeckschule  
Number: 1093

Course: 12.50 km  
12,5 km -Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:01:19

Speed: 11.74 km/h  
Running performance: 4:55 min/km

Rank in course/Total: 54 (of 188)

Rank in course/Men: 49 (of 138)

Best time in course: 41:37

Rank in category: 6(of 15)

Best time in the category: 41:37