



3Türmelauf

Bad Langensalza / 24.04.2016

Detailed evaluation

Helbig, Diethard

Club: Bad Langensalza

Number: 1094

Course: 12.50 km

12,5 km -Lauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 1:02:33

Speed: 11.51 km/h

Running performance: 5:00 min/km

Rank in course/Total: 66 (of 188)

Rank in course/Men: 59 (of 138)

Best time in course: 41:37

Rank in category: 2(of 4)

Best time in the category: 1:01:07