



3Türmelauf

Bad Langensalza / 24.04.2016

Detailed evaluation

Köhler, Conny

Club: Salza-Gymnasium

Number: 1125

Course: 12.50 km

12,5 km -Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:07:01

Speed: 11.19 km/h

Running performance: 5:22 min/km

Rank in course/Total: 101 (of 188)

Rank in course/Men: 90 (of 138)

Best time in course: 41:37

Rank in category: 15(of 24)

Best time in the category: 47:12