



3Türmelauf

Bad Langensalza / 24.04.2016

Detailed evaluation

Thomas, Jochen

Club: Bad Langensalza

Number: 1211

Course: 12.50 km

12,5 km -Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 1:08:03

Speed: 10.58 km/h

Running performance: 5:26 min/km

Rank in course/Total: 112 (of 188)

Rank in course/Men: 98 (of 138)

Best time in course: 41:37

Rank in category: 4(of 8)

Best time in the category: 50:01