



3Türmelauf  
Bad Langensalza / 24.04.2016

## Detailed evaluation

Schirmmacher, Dirk

Club: Team Borbet  
Number: 1182

Course: 12.50 km  
12,5 km -Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 1:10:01

Speed: 10.28 km/h  
Running performance: 5:36 min/km

Rank in course/Total: 131 (of 188)

Rank in course/Men: 110 (of 138)

Best time in course: 41:37

Rank in category: 5(of 8)

Best time in the category: 50:01