



3Türmelauf  
Bad Langensalza / 24.04.2016

Detailed evaluation

Feja, Ralf

Club: 1.SGV Mühlhausen  
Number: 1078

Course: 12.50 km  
12,5 km -Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 1:12:13

Speed: 9.97 km/h  
Running performance: 5:47 min/km

Rank in course/Total: 145 (of 188)

Rank in course/Men: 120 (of 138)

Best time in course: 41:37

Rank in category: 7(of 8)

Best time in the category: 50:01