



3Türmelauf

Bad Langensalza / 24.04.2016

Detailed evaluation

Ertel, Frank

Club: Mühlhäuser Laufwölfe

Number: 1077

Course: 12.50 km

12,5 km -Lauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 1:13:55

Speed: 9.74 km/h

Running performance: 5:55 min/km

Rank in course/Total: 157 (of 188)

Rank in course/Men: 126 (of 138)

Best time in course: 41:37

Rank in category: 4(of 4)

Best time in the category: 1:01:07