



3Türmelaufl  
Bad Langensalza / 24.04.2016

## Detailed evaluation

Englen, Winfried

Club: Stiftsgut  
Number: 1246

Course: 12.50 km  
12,5 km -Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:14:08

Speed: 9.71 km/h  
Running performance: 5:56 min/km

Rank in course/Total: 160 (of 188)

Rank in course/Men: 127 (of 138)

Best time in course: 41:37

Rank in category: 23(of 24)

Best time in the category: 47:12