



3Türmelauf  
Bad Langensalza / 24.04.2016

## Detailed evaluation

Dünnebeil, Frank

Club: Bad Langensalza  
Number: 1072

Course: 12.50 km  
12,5 km -Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 1:19:34

Speed: 9.43 km/h  
Running performance: 6:22 min/km

Rank in course/Total: 173 (of 188)

Rank in course/Men: 134 (of 138)

Best time in course: 41:37

Rank in category: 26(of 26)

Best time in the category: 49:04