



3Türmelauf
Bad Langensalza / 30.04.2017

Detailed evaluation

KOLBECK, Hans-Jörg

Club: -

Number: 1104

Course: 5.00 km

5 km - Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 23:10

Speed: 12.95 km/h

Running performance: 4:38 min/km

Rank in course/Total: 19 (of 251)

Rank in course/Men: 18 (of 141)

Best time in course: 18:14

Rank in category: 2(of 5)

Best time in the category: 22:10