



3Türmelauf
Bad Langensalza / 30.04.2017

Detailed evaluation

Helbing, Jörg

Club: TTSV Herbsleben
Number: 1249

Course: 5.00 km
5 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 25:20

Speed: 11.84 km/h
Running performance: 5:04 min/km

Rank in course/Total: 53 (of 251)

Rank in course/Men: 43 (of 141)

Best time in course: 18:14

Rank in category: 3(of 13)

Best time in the category: 23:43