



3Türmelauf
Bad Langensalza / 30.04.2017

Detailed evaluation

HAUER, Frank

Club: die Haus
Number: 1061

Course: 5.00 km
5 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 26:05

Speed: 11.50 km/h
Running performance: 5:13 min/km

Rank in course/Total: 75 (of 251)

Rank in course/Men: 59 (of 141)

Best time in course: 18:14

Rank in category: 9(of 13)

Best time in the category: 21:56