



3Türmelauf
Bad Langensalza / 30.04.2017

Detailed evaluation

KNÄBE, Holger

Club: Mitteldeutsche Ballschule
Number: 1098

Course: 5.00 km
5 km - Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 27:37

Speed: 10.86 km/h
Running performance: 5:31 min/km

Rank in course/Total: 105 (of 251)

Rank in course/Men: 78 (of 141)

Best time in course: 18:14

Rank in category: 5(of 6)

Best time in the category: 23:09