



3Türmelauf  
Bad Langensalza / 30.04.2017

## Detailed evaluation

**KNÄBE, Winfried**

Club: Mitteldeutsche Ballschule  
Number: 1099

Course: 5.00 km  
5 km - Lauf

Category:  
Senioren M60 (60-64 Jahre)

Total time: 29:37

Speed: 10.13 km/h  
Running performance: 5:55 min/km

Rank in course/Total: 154 (of 251)

Rank in course/Men: 109 (of 141)

Best time in course: 18:14

Rank in category: 1(of 1)

Best time in the category: 29:37