



3Türmelauf

Bad Langensalza / 30.04.2017

Detailed evaluation

Lux, Detlef

Club: Wiegleben

Number: 1242

Course: 5.00 km

5 km - Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 30:09

Speed: 9.95 km/h

Running performance: 6:02 min/km

Rank in course/Total: 161 (of 251)

Rank in course/Men: 113 (of 141)

Best time in course: 18:14

Rank in category: 5(of 5)

Best time in the category: 22:10