



3Türmelauf  
Bad Langensalza / 30.04.2017

## Detailed evaluation

Hammer, Josef

Club: TTV TWB  
Number: 1244

Course: 5.00 km  
5 km - Lauf

Category:  
Senioren M65 (65-69 Jahre)

Total time: 45:40

Speed: 6.57 km/h  
Running performance: 9:08 min/km

Rank in course/Total: 249 (of 251)

Rank in course/Men: 142 (of 141)

Best time in course: 18:14

Rank in category: 3(of 3)

Best time in the category: 24:54