



3Türmelauf
Bad Langensalza / 30.04.2017

Detailed evaluation

HELLMUND, Jochen

Club: SSV 07 Schlotheim
Number: 1759

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:00:23

Speed: 11.92 km/h
Running performance: 4:50 min/km

Rank in course/Total: 80 (of 246)

Rank in course/Men: 74 (of 190)

Best time in course: 41:16

Rank in category: 7(of 21)

Best time in the category: 49:46