



3Türmelauf

Bad Langensalza / 30.04.2017

Detailed evaluation

Lasch, Heiko

Club: SV Empor

Number: 1916

Course: 12.50 km

12,5 km -Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:02:53

Speed: 11.45 km/h

Running performance: 5:02 min/km

Rank in course/Total: 102 (of 246)

Rank in course/Men: 91 (of 190)

Best time in course: 41:16

Rank in category: 17(of 29)

Best time in the category: 45:09