



3Türmelauf  
Bad Langensalza / 30.04.2017

## Detailed evaluation

**MENDE, Herbert**

Club: Rübsam-Runners  
Number: 1812

Course: 12.50 km  
12,5 km -Lauf

Category:  
Senioren M60 (60-64 Jahre)

Total time: 1:08:16

Speed: 10.55 km/h  
Running performance: 5:28 min/km

Rank in course/Total: 160 (of 246)

Rank in course/Men: 138 (of 190)

Best time in course: 41:16

Rank in category: 5(of 9)

Best time in the category: 54:24