



3Türmelauf
Bad Langensalza / 30.04.2017

Detailed evaluation

Lesser, Holger

Club: Erfurt
Number: 1963

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:10:54

Speed: 10.16 km/h
Running performance: 5:40 min/km

Rank in course/Total: 175 (of 246)

Rank in course/Men: 151 (of 190)

Best time in course: 41:16

Rank in category: 11(of 16)

Best time in the category: 53:54