



3Türmelauf

Bad Langensalza / 30.04.2017

Detailed evaluation

ZIEMANN, Ulf

Club: SalzaVita

Number: 1908

Course: 12.50 km

12,5 km -Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:11:55

Speed: 10.43 km/h

Running performance: 5:45 min/km

Rank in course/Total: 185 (of 246)

Rank in course/Men: 158 (of 190)

Best time in course: 41:16

Rank in category: 28(of 29)

Best time in the category: 45:09