



3Türmelauf
Bad Langensalza / 30.04.2017

Detailed evaluation

Dehmel, Gerhard

Club: ThuV Ilmenau
Number: 1958

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M75 (75 und älter)

Total time: 1:14:55

Speed: 9.61 km/h
Running performance: 5:59 min/km

Rank in course/Total: 209 (of 246)

Rank in course/Men: 170 (of 190)

Best time in course: 41:16

Rank in category: 2(of 3)

Best time in the category: 1:03:17