



3Türmelauf

Bad Langensalza / 30.04.2017

Detailed evaluation

HENKEL, Uwe

Club: SV Thuringia Königsee

Number: 1760

Course: 12.50 km

12,5 km -Lauf

Category:

Senioren M65 (65-69 Jahre)

Total time: 1:11:57

Speed: 10.42 km/h

Running performance: 5:46 min/km

Rank in course/Total: 186 (of 246)

Rank in course/Men: 159 (of 190)

Best time in course: 41:16

Rank in category: 4(of 9)

Best time in the category: 57:51