



3Türmelauf

Bad Langensalza / 14.04.2019

Detailed evaluation

Kurch, Jörg

Club: VfL 28 Ellrich

Number: 158

Course: 12.50 km

12,5 km -Lauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 55:28

Speed: 12.98 km/h

Running performance: 4:26 min/km

Rank in course/Total: 36 (of 211)

Rank in course/Men: 33 (of 156)

Best time in course: 41:01

Rank in category: 1(of 11)

Best time in the category: 55:28