



3Türmelauf  
Bad Langensalza / 14.04.2019

Detailed evaluation

Heinrich, Lutz

Club: Hamburg  
Number: 20

Course: 12.50 km  
12,5 km -Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 59:28

Speed: 12.61 km/h  
Running performance: 4:46 min/km

Rank in course/Total: 67 (of 211)

Rank in course/Men: 61 (of 156)

Best time in course: 41:01

Rank in category: 4(of 13)

Best time in the category: 56:58