



3Türmelauf

Bad Langensalza / 14.04.2019

Detailed evaluation

Kramer, Heinz

Club: Mühlhausen

Number: 206

Course: 12.50 km

12,5 km -Lauf

Category:

Senioren M60 (60-64 Jahre)

Total time: 1:01:18

Speed: 11.75 km/h

Running performance: 4:54 min/km

Rank in course/Total: 79 (of 211)

Rank in course/Men: 70 (of 156)

Best time in course: 41:01

Rank in category: 2(of 11)

Best time in the category: 55:28