



3Türmelauf  
Bad Langensalza / 14.04.2019

## Detailed evaluation

Westphal, Jörn

Club: Papendorf  
Number: 65

Course: 12.50 km  
12,5 km -Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 1:02:06

Speed: 12.08 km/h  
Running performance: 4:58 min/km

Rank in course/Total: 89 (of 211)

Rank in course/Men: 77 (of 156)

Best time in course: 41:01

Rank in category: 5(of 15)

Best time in the category: 48:32