



## 3Türmelauf

Bad Langensalza / 14.04.2019

### Detailed evaluation

**Henze, Ingo**

Club: SC Impuls Erfurt

Number: 131

Course: 12.50 km

12,5 km -Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:02:52

Speed: 11.45 km/h

Running performance: 5:02 min/km

Rank in course/Total: 97 (of 211)

Rank in course/Men: 85 (of 156)

Best time in course: 41:01

Rank in category: 6(of 15)

Best time in the category: 48:32