



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: 11.93 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