



3Türmelauf

Bad Langensalza / 14.04.2019

Detailed evaluation

Bellstedt, Ralf

Club: Physiotherapie Ute Zöllner

Number: 123

Course: 12.50 km

12,5 km -Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:03:42

Speed: 11.77 km/h

Running performance: 5:06 min/km

Rank in course/Total: 107 (of 211)

Rank in course/Men: 91 (of 156)

Best time in course: 41:01

Rank in category: 8(of 15)

Best time in the category: 48:32