



## 3Türmelauf

Bad Langensalza / 14.04.2019

### Detailed evaluation

**Herold, Christoph**

Club: Herold GmbH

Number: 105

Course: 12.50 km

12,5 km -Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:03:49

Speed: 11.28 km/h

Running performance: 5:07 min/km

Rank in course/Total: 111 (of 211)

Rank in course/Men: 94 (of 156)

Best time in course: 41:01

Rank in category: 12(of 18)

Best time in the category: 41:01