



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Wenzel, Heiko

Club: Friedrichswerth
Number: 64

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M55 (55-59 Jahre)

Total time: 1:03:51

Speed: 11.75 km/h
Running performance: 5:07 min/km

Rank in course/Total: 112 (of 211)

Rank in course/Men: 95 (of 156)

Best time in course: 41:01

Rank in category: 7(of 13)

Best time in the category: 56:58