



3Türmelauf  
Bad Langensalza / 14.04.2019

Detailed evaluation

Kästner, Bernd

Club: Bad Langensalza  
Number: 25

Course: 12.50 km  
12,5 km -Lauf

Category:  
Senioren M60 (60-64 Jahre)

Total time: 1:05:08

Speed: 11.51 km/h  
Running performance: 5:13 min/km

Rank in course/Total: 126 (of 211)

Rank in course/Men: 106 (of 156)

Best time in course: 41:01

Rank in category: 7(of 11)

Best time in the category: 55:28