



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Wölfel, Roland

Club: Sonntagsläufer Tambach-Dietharz
Number: 141

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M60 (60-64 Jahre)

Total time: 1:05:27

Speed: 11.00 km/h
Running performance: 5:14 min/km

Rank in course/Total: 131 (of 211)

Rank in course/Men: 110 (of 156)

Best time in course: 41:01

Rank in category: 8(of 11)

Best time in the category: 55:28