



3Türmelauf  
Bad Langensalza / 14.04.2019

## Detailed evaluation

Zinserling, Mike

Club: Sonntagsläufer Tambach-Dietharz  
Number: 142

Course: 12.50 km  
12,5 km -Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:05:08

Speed: 11.05 km/h  
Running performance: 5:13 min/km

Rank in course/Total: 127 (of 211)

Rank in course/Men: 106 (of 156)

Best time in course: 41:01

Rank in category: 11(of 17)

Best time in the category: 44:21