



3Türmelauf

Bad Langensalza / 14.04.2019

Detailed evaluation

Bärhold, Ingo

Club: Vereine Merxleben

Number: 157

Course: 12.50 km

12,5 km -Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:05:45

Speed: 10.95 km/h

Running performance: 5:16 min/km

Rank in course/Total: 132 (of 211)

Rank in course/Men: 111 (of 156)

Best time in course: 41:01

Rank in category: 20(of 22)

Best time in the category: 45:21