



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: 11.41 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