



3Türmelauf  
Bad Langensalza / 14.04.2019

Detailed evaluation

Leister, Karl-Heinz

Club: BSG Sparkasse Unstrut-Hainich  
Number: 234

Course: 12.50 km  
12,5 km -Lauf

Category:  
Senioren M55 (55-59 Jahre)

Total time: 1:07:18

Speed: 10.70 km/h  
Running performance: 5:23 min/km

Rank in course/Total: 142 (of 211)

Rank in course/Men: 117 (of 156)

Best time in course: 41:01

Rank in category: 9(of 13)

Best time in the category: 56:58