



3Türmelauf

Bad Langensalza / 14.04.2019

Detailed evaluation

Zöllner, Frank

Club: Physiotherapie Ute Zöllner

Number: 124

Course: 12.50 km

12,5 km -Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:07:27

Speed: 10.67 km/h

Running performance: 5:24 min/km

Rank in course/Total: 145 (of 211)

Rank in course/Men: 119 (of 156)

Best time in course: 41:01

Rank in category: 17(of 18)

Best time in the category: 41:01