



3Türmelauf  
Bad Langensalza / 14.04.2019

Detailed evaluation

Hauer, Frank

Club: Die Haus  
Number: 77

Course: 12.50 km  
12,5 km -Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:09:10

Speed: 10.41 km/h  
Running performance: 5:32 min/km

Rank in course/Total: 157 (of 211)

Rank in course/Men: 125 (of 156)

Best time in course: 41:01

Rank in category: 22(of 26)

Best time in the category: 43:54