



## 3Türmelauf

Bad Langensalza / 14.04.2019

### Detailed evaluation

**Keiderling, Bert**

Club: SWL-ENERGIE-TEAM

Number: 149

Course: 12.50 km

12,5 km -Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:10:00

Speed: 10.29 km/h

Running performance: 5:36 min/km

Rank in course/Total: 160 (of 211)

Rank in course/Men: 128 (of 156)

Best time in course: 41:01

Rank in category: 11(of 15)

Best time in the category: 48:32