



3Türmelauf

Bad Langensalza / 14.04.2019

Detailed evaluation

Nothnagel, Stephan

Club: Floh-Seligenthal

Number: 225

Course: 12.50 km

12,5 km -Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 1:10:04

Speed: 10.70 km/h

Running performance: 5:37 min/km

Rank in course/Total: 161 (of 211)

Rank in course/Men: 129 (of 156)

Best time in course: 41:01

Rank in category: 12(of 15)

Best time in the category: 48:32