



## 3Türmelauf

Bad Langensalza / 14.04.2019

### Detailed evaluation

**Haferanke, Manfred**

Club: Lauffreunde Gotha

Number: 109

Course: 12.50 km

12,5 km -Lauf

Category:

Senioren M65 (65-69 Jahre)

Total time: 1:10:43

Speed: 10.18 km/h

Running performance: 5:40 min/km

Rank in course/Total: 165 (of 211)

Rank in course/Men: 132 (of 156)

Best time in course: 41:01

Rank in category: 5(of 6)

Best time in the category: 54:49