



3Türmelauf

Bad Langensalza / 14.04.2019

Detailed evaluation

Görlach, Folker

Club: Mühlhausen /Thüringen

Number: 17

Course: 12.50 km

12,5 km -Lauf

Category:

Senioren M75 (74 bis 79)

Total time: 1:17:12

Speed: 9.72 km/h

Running performance: 6:11 min/km

Rank in course/Total: 191 (of 211)

Rank in course/Men: 145 (of 156)

Best time in course: 41:01

Rank in category: 2(of 2)

Best time in the category: 1:02:17