



3Türmelauf

Bad Langensalza / 14.04.2019

Detailed evaluation

Gelzannes, Hans

Club: Feuerwehr Gierstädt

Number: 227

Course: 12.50 km

12,5 km -Lauf

Category:

Senioren M65 (65-69 Jahre)

Total time: 1:21:42

Speed: 8.81 km/h

Running performance: 6:32 min/km

Rank in course/Total: 202 (of 211)

Rank in course/Men: 150 (of 156)

Best time in course: 41:01

Rank in category: 6(of 6)

Best time in the category: 54:49