



3Türmelauf  
Bad Langensalza / 14.04.2019

## Detailed evaluation

**Bock, Gert**

Club: Korbach  
Number: 3

Course: 12.50 km  
12,5 km -Lauf

Category:  
Senioren M70 (70-74 Jahre)

Total time: 1:22:48

Speed: 8.70 km/h  
Running performance: 6:37 min/km

Rank in course/Total: 203 (of 211)

Rank in course/Men: 151 (of 156)

Best time in course: 41:01

Rank in category: 3(of 4)

Best time in the category: 1:02:31