3Türmelauf Bad Langensalza / 22.04.2018



Dr. Pickert, Lutz

□□: Bad Tennstedt

□□: 223

□□: 12.50 km 12,5 km -Lauf

Senioren M55 (55-59 Jahre)

□□□: 1:31:59

□□: 7.83 km/h

□□□□: 7:22 min/km

______: 261 (of 267)

______: 193 (of 196)

____: 41:37

□□□□: 17(of 18)

_____: 55:39

	km		min/km	-	-			km		min/km	-	-		
□□ 1	0.50	3:23	6:46	17	1:27	195	1:54	0.50	3:23	6:46	17	1:27	195	1:54
□□ 2	9.00	1:00:55	6:46	17	23:36	194	33:07	9.50	1:04:18	6:46	17	24:48	195	35:01
□□□ Ziel	3.00	27:41	9:13	17	11:32	192	15:21	12.50	1:31:59	7:21	17	36:20	193	50:22