



3Türmelauf
Bad Langensalza / 21.04.2013

Detailed evaluation

Nickel, Ronald

Club: Bad Langensalza
Number: 215

Course: 5.00 km
5 km-Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 27:07

Speed: 11.06 km/h
Running performance: 5:25 min/km

Rank in course/Total: 20 (of 61)

Rank in course/Men: 16 (of 34)

Best time in course: 18:14

Rank in category: 2(of 4)

Best time in the category: 26:06