



3Türmelauf
Bad Langensalza / 21.04.2013

Detailed evaluation

Fruntke, Thomas

Club: SV 1899 Mühlhausen
Number: 163

Course: 12.50 km
12,5 km-Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 53:04

Speed: 14.13 km/h
Running performance: 4:15 min/km

Rank in course/Total: 8 (of 148)

Rank in course/Men: 8 (of 114)

Best time in course: 43:53

Rank in category: 1(of 15)

Best time in the category: 53:04