



3Türmelauf

Bad Langensalza / 21.04.2013

Detailed evaluation

Knäbe, Holger

Club: Bad Langensalza

Number: 217

Course: 5.00 km

5 km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 27:14

Speed: 11.02 km/h

Running performance: 5:27 min/km

Rank in course/Total: 21 (of 61)

Rank in course/Men: 17 (of 34)

Best time in course: 18:14

Rank in category: 1(of 2)

Best time in the category: 27:14