



3Türmelauf
Bad Langensalza / 21.04.2013

Detailed evaluation

Ernst, Alexander

Club: Salzabiker e.V.
Number: 31

Course: 12.50 km
12,5 km-Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 55:25

Speed: 12.99 km/h
Running performance: 4:26 min/km

Rank in course/Total: 14 (of 148)

Rank in course/Men: 14 (of 114)

Best time in course: 43:53

Rank in category: 5(of 27)

Best time in the category: 51:37