



3Türmelauf
Bad Langensalza / 21.04.2013

Detailed evaluation

Darsow, Enrico

Club: Laufschncke Rico
Number: 5

Course: 12.50 km
12,5 km-Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 56:17

Speed: 12.79 km/h
Running performance: 4:30 min/km

Rank in course/Total: 24 (of 148)

Rank in course/Men: 24 (of 114)

Best time in course: 43:53

Rank in category: 2(of 11)

Best time in the category: 55:59