



3Türmelauf  
Bad Langensalza / 21.04.2013

## Detailed evaluation

Koob, Thomas

Club: Erfurt  
Number: 171

Course: 12.50 km  
12,5 km-Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 56:34

Speed: 12.73 km/h  
Running performance: 4:32 min/km

Rank in course/Total: 25 (of 148)

Rank in course/Men: 25 (of 114)

Best time in course: 43:53

Rank in category: 7(of 27)

Best time in the category: 51:37