



3Türmelauf

Bad Langensalza / 21.04.2013

Detailed evaluation

Baumgarten, Frank

Club: TRACO

Number: 55

Course: 12.50 km

12,5 km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:00:20

Speed: 11.93 km/h

Running performance: 4:50 min/km

Rank in course/Total: 42 (of 148)

Rank in course/Men: 40 (of 114)

Best time in course: 43:53

Rank in category: 11(of 22)

Best time in the category: 48:38