



3Türmelauf
Bad Langensalza / 21.04.2013

Detailed evaluation

Kraushaar, Kai

Club: Berlin
Number: 75

Course: 12.50 km
12,5 km-Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:00:50

Speed: 11.84 km/h
Running performance: 4:52 min/km

Rank in course/Total: 45 (of 148)

Rank in course/Men: 42 (of 114)

Best time in course: 43:53

Rank in category: 6(of 15)

Best time in the category: 53:04