



3Türmelauf

Bad Langensalza / 21.04.2013

Detailed evaluation

Römhild, Sven-Jörg

Club: Fit&Fun

Number: 63

Course: 12.50 km

12,5 km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:02:51

Speed: 11.46 km/h

Running performance: 5:02 min/km

Rank in course/Total: 63 (of 148)

Rank in course/Men: 58 (of 114)

Best time in course: 43:53

Rank in category: 15(of 22)

Best time in the category: 48:38