



## 3Türmelauf

Bad Langensalza / 21.04.2013

### Detailed evaluation

**Lekay, Adnan**

Club: Nordhausen

Number: 174

Course: 12.50 km

12,5 km-Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:03:34

Speed: 11.33 km/h

Running performance: 5:05 min/km

Rank in course/Total: 66 (of 148)

Rank in course/Men: 61 (of 114)

Best time in course: 43:53

Rank in category: 6(of 10)

Best time in the category: 49:18