



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: 11.80 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