



3Türmelauf
Bad Langensalza / 21.04.2013

Detailed evaluation

Cramer, Ralf

Club: Reha Klinik an der Salza
Number: 27

Course: 12.50 km
12,5 km-Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:05:48

Speed: 10.94 km/h
Running performance: 5:16 min/km

Rank in course/Total: 79 (of 148)

Rank in course/Men: 73 (of 114)

Best time in course: 43:53

Rank in category: 18(of 27)

Best time in the category: 51:37