



3Türmelauf

Bad Langensalza / 21.04.2013

Detailed evaluation

Hellmundt, Silvio

Club: MC Bad Langensalza

Number: 266

Course: 5.00 km

5 km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 29:44

Speed: 10.09 km/h

Running performance: 5:57 min/km

Rank in course/Total: 31 (of 61)

Rank in course/Men: 23 (of 34)

Best time in course: 18:14

Rank in category: 2(of 2)

Best time in the category: 27:14