



3Türmelauf
Bad Langensalza / 21.04.2013

Detailed evaluation

Schaumburg, Holm

Club: Bad Tennstedt
Number: 139

Course: 12.50 km
12,5 km-Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:12:29

Speed: 10.35 km/h
Running performance: 5:48 min/km

Rank in course/Total: 116 (of 148)

Rank in course/Men: 99 (of 114)

Best time in course: 43:53

Rank in category: 23(of 27)

Best time in the category: 51:37