



3Türmelauf

Bad Langensalza / 21.04.2013

Detailed evaluation

Liebetrau, Sandro

Club: Eisenach/OT Stregda

Number: 10

Course: 12.50 km

12,5 km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:13:14

Speed: 10.24 km/h

Running performance: 5:52 min/km

Rank in course/Total: 119 (of 148)

Rank in course/Men: 101 (of 114)

Best time in course: 43:53

Rank in category: 9(of 11)

Best time in the category: 55:59