



3Türmelauf
Bad Langensalza / 21.04.2013

Detailed evaluation

Seidel, Jörg

Club: Bakerboys
Number: 216

Course: 5.00 km
5 km-Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 31:28

Speed: 9.53 km/h
Running performance: 6:17 min/km

Rank in course/Total: 43 (of 61)

Rank in course/Men: 27 (of 34)

Best time in course: 18:14

Rank in category: 4(of 4)

Best time in the category: 26:06