



3Türmelauf 2014
Bad Langensalza / 27.04.2014

Detailed evaluation

Ernst, Alexander

Club: Salzabiker e.V.
Number: 28

Course: 12.50 km
12,5 km-Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 53:43

Speed: 13.40 km/h
Running performance: 4:18 min/km

Rank in course/Total: 10 (of 156)

Rank in course/Men: 10 (of 109)

Best time in course: 42:05

Rank in category: 4(of 19)

Best time in the category: 46:23