



3Türmelauf 2014
Bad Langensalza / 27.04.2014

Detailed evaluation

Abramowsky, Steffen

Club: Creaton Großengottern
Number: 3

Course: 12.50 km
12,5 km-Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:14:03

Speed: 9.72 km/h
Running performance: 5:55 min/km

Rank in course/Total: 127 (of 156)

Rank in course/Men: 96 (of 109)

Best time in course: 42:05

Rank in category: 15(of 17)

Best time in the category: 55:32