



3Türmelauf 2014  
Bad Langensalza / 27.04.2014

Detailed evaluation

Plönzke, Richard

Club: Bad Langensalza  
Number: 140

Course: 12.50 km  
12,5 km-Lauf

Category:  
Männer (20-29 Jahre)

Total time: 59:46

Speed: 12.55 km/h  
Running performance: 4:47 min/km

Rank in course/Total: 34 (of 156)

Rank in course/Men: 31 (of 109)

Best time in course: 42:05

Rank in category: 4(of 14)

Best time in the category: 55:27