



3Türmelauf 2014
Bad Langensalza / 27.04.2014

Detailed evaluation

Friedrich, Adrian

Club: ESV Lok Mühlhausen Gewichtheber
Number: 528

Course: 5.00 km
5 km-Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 18:28

Speed: 16.25 km/h
Running performance: 3:41 min/km

Rank in course/Total: 2 (of 105)

Rank in course/Men: 2 (of 71)

Best time in course: 17:43

Rank in category: 1(of 7)

Best time in the category: 18:28