



3Türmelauf 2014
Bad Langensalza / 27.04.2014

Detailed evaluation

Eltahir, Ahmed

Club: Salza-Gymnasium
Number: 24

Course: 12.50 km
12,5 km-Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 55:32

Speed: 13.51 km/h
Running performance: 4:26 min/km

Rank in course/Total: 16 (of 156)

Rank in course/Men: 16 (of 109)

Best time in course: 42:05

Rank in category: 1(of 17)

Best time in the category: 55:32