



3Türmelauf 2014  
Bad Langensalza / 27.04.2014

## Detailed evaluation

**Heukrodt, Max**

Club: FSV Preußen Bad Langensalza  
Number: 534

Course: 5.00 km  
5 km-Lauf

Category:  
männliche Jugend U18 (16-17 Jahre)

Total time: 21:01

Speed: 14.27 km/h  
Running performance: 4:12 min/km

Rank in course/Total: 7 (of 105)

Rank in course/Men: 7 (of 71)

Best time in course: 17:43

Rank in category: 1(of 11)

Best time in the category: 21:01