



3Türmelauf 2014
Bad Langensalza / 27.04.2014

Detailed evaluation

Rudolph, Jörg

Club: Bad Langensalza
Number: 96

Course: 12.50 km
12,5 km-Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 55:46

Speed: 13.45 km/h
Running performance: 4:28 min/km

Rank in course/Total: 18 (of 156)

Rank in course/Men: 18 (of 109)

Best time in course: 42:05

Rank in category: 3(of 16)

Best time in the category: 53:28