



3Türmelauf 2014
Bad Langensalza / 27.04.2014

Detailed evaluation

Lenk, Torsten

Club: Bothenheilingen
Number: 602

Course: 5.00 km
5 km-Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 23:25

Speed: 12.81 km/h
Running performance: 4:41 min/km

Rank in course/Total: 24 (of 105)

Rank in course/Men: 24 (of 71)

Best time in course: 17:43

Rank in category: 5(of 7)

Best time in the category: 18:28