



3Türmelauf 2014  
Bad Langensalza / 27.04.2014

Detailed evaluation

Raabe, Ringo

Club: TSV 1922

Number: 573

Course: 5.00 km

5 km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 25:05

Speed: 11.96 km/h

Running performance: 5:01 min/km

Rank in course/Total: 38 (of 105)

Rank in course/Men: 34 (of 71)

Best time in course: 17:43

Rank in category: 4(of 6)

Best time in the category: 21:33