



3Türmelauf 2014
Bad Langensalza / 27.04.2014

Detailed evaluation

Aßmus, Enrico

Club: Erfurter LAC

Number: 137

Course: 12.50 km

12,5 km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 46:23

Speed: 16.17 km/h

Running performance: 3:43 min/km

Rank in course/Total: 2 (of 156)

Rank in course/Men: 2 (of 109)

Best time in course: 42:05

Rank in category: 1(of 19)

Best time in the category: 46:23