



3Türmelauf 2014
Bad Langensalza / 27.04.2014

Detailed evaluation

Knäbe, Holger

Club: Mitteldeutsche Ballschule
Number: 550

Course: 5.00 km
5 km-Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 25:37

Speed: 11.71 km/h
Running performance: 5:07 min/km

Rank in course/Total: 48 (of 105)

Rank in course/Men: 43 (of 71)

Best time in course: 17:43

Rank in category: 2(of 4)

Best time in the category: 23:41