



3Türmelauf 2014  
Bad Langensalza / 27.04.2014

Detailed evaluation

Görmar, Alexander

Club: Niederdorla  
Number: 531

Course: 5.00 km  
5 km-Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 27:23

Speed: 10.96 km/h  
Running performance: 5:29 min/km

Rank in course/Total: 67 (of 105)

Rank in course/Men: 55 (of 71)

Best time in course: 17:43

Rank in category: 3(of 4)

Best time in the category: 23:41