



3Türmelauf 2014  
Bad Langensalza / 27.04.2014

Detailed evaluation

Ochmann, Tom

Club: B.L. Shark  
Number: 595

Course: 5.00 km  
5 km-Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 28:02

Speed: 10.70 km/h  
Running performance: 5:37 min/km

Rank in course/Total: 71 (of 105)

Rank in course/Men: 58 (of 71)

Best time in course: 17:43

Rank in category: 5(of 5)

Best time in the category: 22:49