



3Türmelauf 2014  
Bad Langensalza / 27.04.2014

## Detailed evaluation

Schulz, Thomas

Club: TRACO  
Number: 106

Course: 12.50 km  
12,5 km-Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 56:50

Speed: 13.20 km/h  
Running performance: 4:33 min/km

Rank in course/Total: 23 (of 156)

Rank in course/Men: 23 (of 109)

Best time in course: 42:05

Rank in category: 4(of 8)

Best time in the category: 42:05