



3Türmelauf 2014
Bad Langensalza / 27.04.2014

Detailed evaluation

Seidel, Jörg

Club: Bakerboys
Number: 581

Course: 5.00 km
5 km-Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 29:17

Speed: 10.24 km/h
Running performance: 5:52 min/km

Rank in course/Total: 87 (of 105)

Rank in course/Men: 68 (of 71)

Best time in course: 17:43

Rank in category: 6(of 6)

Best time in the category: 21:33