



3Türmelauf 2014
Bad Langensalza / 27.04.2014

Detailed evaluation

Held, Thoralf

Club: Erfurt
Number: 171

Course: 12.50 km
12,5 km-Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:01:03

Speed: 11.79 km/h
Running performance: 4:53 min/km

Rank in course/Total: 40 (of 156)

Rank in course/Men: 37 (of 109)

Best time in course: 42:05

Rank in category: 8(of 16)

Best time in the category: 47:58