



3Türmelauf 2014  
Bad Langensalza / 27.04.2014

Detailed evaluation

Koch, Matthias

Club: Salza Vita Gesundheitszentrum  
Number: 149

Course: 12.50 km  
12,5 km-Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:06:44

Speed: 10.79 km/h  
Running performance: 5:20 min/km

Rank in course/Total: 90 (of 156)

Rank in course/Men: 76 (of 109)

Best time in course: 42:05

Rank in category: 15(of 19)

Best time in the category: 46:23