3Türmelauf 2014

Bad Langensalza / 27.04.2014

Detailed evaluation

Rogge, uwe

Club: Mühlhausen
Number: 95

Course: 12.50 km
12,5 km-Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:07:22

Speed: 11.13 km/h
Running performance: 5:23 min/km

Rank in course/Total: 97 (of 156)

Rank in course/Men: 81 (of 109)

Best time in course: 42:05

Rank in category: 14(of 16)

Best time in the category: 47:58