



3Türmelauf
Bad Langensalza / 19.04.2015

Detailed evaluation

Friedrich, Adrian

Club: CrossFit Erfurt
Number: 37

Course: 5.00 km
5 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 18:39

Speed: 16.09 km/h
Running performance: 3:44 min/km

Rank in course/Total: 2 (of 227)

Rank in course/Men: 2 (of 124)

Best time in course: 17:46

Rank in category: 2(of 9)

Best time in the category: 17:46