



3Türmelauf  
Bad Langensalza / 19.04.2015

## Detailed evaluation

Friedrich, Lucas

Club: SV Creaton Großengottern  
Number: 36

Course: 5.00 km  
5 km - Lauf

Category:  
männliche Jugend U16 (14-15 Jahre)

Total time: 19:24

Speed: 15.46 km/h  
Running performance: 3:53 min/km

Rank in course/Total: 3 (of 227)

Rank in course/Men: 3 (of 124)

Best time in course: 17:46

Rank in category: 1(of 19)

Best time in the category: 19:24