



3Türmelauf
Bad Langensalza / 19.04.2015

Detailed evaluation

Rommeis, Martin

Club: Erfurt
Number: 143

Course: 5.00 km
5 km - Lauf

Category:
Männer (20-29 Jahre)

Total time: 25:59

Speed: 11.55 km/h
Running performance: 5:12 min/km

Rank in course/Total: 50 (of 227)

Rank in course/Men: 40 (of 124)

Best time in course: 17:46

Rank in category: 6(of 11)

Best time in the category: 21:45