



3Türmelauf

Bad Langensalza / 19.04.2015

Detailed evaluation

Lenk, Torsten

Club: GKN Sinter Metals, Bad Langensalza
Number: 102

Course: 5.00 km
5 km - Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 25:59

Speed: 11.55 km/h

Running performance: 5:12 min/km

Rank in course/Total: 51 (of 227)

Rank in course/Men: 40 (of 124)

Best time in course: 17:46

Rank in category: 7(of 9)

Best time in the category: 17:46