



3Türmelauf

Bad Langensalza / 19.04.2015

Detailed evaluation

Thomas, Sandro

Club: GKN Sinter Metals, Bad Langensalza
Number: 168

Course: 5.00 km
5 km - Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 26:00

Speed: 11.54 km/h

Running performance: 5:12 min/km

Rank in course/Total: 52 (of 227)

Rank in course/Men: 42 (of 124)

Best time in course: 17:46

Rank in category: 4(of 9)

Best time in the category: 22:34