



3Türmelauf
Bad Langensalza / 19.04.2015

Detailed evaluation

Rogge, Uwe

Club: Mühlhausen
Number: 142

Course: 5.00 km
5 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 26:21

Speed: 11.39 km/h
Running performance: 5:16 min/km

Rank in course/Total: 55 (of 227)

Rank in course/Men: 45 (of 124)

Best time in course: 17:46

Rank in category: 3(of 8)

Best time in the category: 21:12