



## 3Türmelauf

Bad Langensalza / 19.04.2015

### Detailed evaluation

**Nickel, Ronald**

Club: Bad Langensalza

Number: 125

Course: 5.00 km

5 km - Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 26:46

Speed: 11.21 km/h

Running performance: 5:21 min/km

Rank in course/Total: 66 (of 227)

Rank in course/Men: 55 (of 124)

Best time in course: 17:46

Rank in category: 4(of 8)

Best time in the category: 21:12