



3Türmelauf  
Bad Langensalza / 19.04.2015

## Detailed evaluation

Fischer, Kai

Club: Bad Langensalza  
Number: 29

Course: 5.00 km  
5 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 26:50

Speed: 11.18 km/h  
Running performance: 5:22 min/km

Rank in course/Total: 67 (of 227)

Rank in course/Men: 56 (of 124)

Best time in course: 17:46

Rank in category: 5(of 8)

Best time in the category: 21:12