



3Türmelauf  
Bad Langensalza / 19.04.2015

Detailed evaluation

Ringmann, Ronny

Club: Bad Tennstedt

Number: 141

Course: 5.00 km

5 km - Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 28:40

Speed: 10.47 km/h

Running performance: 5:44 min/km

Rank in course/Total: 101 (of 227)

Rank in course/Men: 75 (of 124)

Best time in course: 17:46

Rank in category: 5(of 9)

Best time in the category: 25:50