



3Türmelauf  
Bad Langensalza / 19.04.2015

## Detailed evaluation

Rurainsky, Thomas

Club: SV Empor  
Number: 242

Course: 5.00 km  
5 km - Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 29:06

Speed: 10.31 km/h  
Running performance: 5:49 min/km

Rank in course/Total: 114 (of 227)

Rank in course/Men: 82 (of 124)

Best time in course: 17:46

Rank in category: 6(of 9)

Best time in the category: 25:50