



## 3Türmelauf

Bad Langensalza / 19.04.2015

### Detailed evaluation

Heck, Felix

Club: Salza-Gymnasium

Number: 58

Course: 5.00 km

5 km - Lauf

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 30:10

Speed: 9.94 km/h

Running performance: 6:02 min/km

Rank in course/Total: 118 (of 227)

Rank in course/Men: 83 (of 124)

Best time in course: 17:46

Rank in category: 3(of 6)

Best time in the category: 21:07