



3Türmelauf  
Bad Langensalza / 19.04.2015

Detailed evaluation

Seidel, Jörg

Club: Bakerboys  
Number: 160

Course: 5.00 km  
5 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 30:19

Speed: 9.90 km/h  
Running performance: 6:04 min/km

Rank in course/Total: 128 (of 227)

Rank in course/Men: 89 (of 124)

Best time in course: 17:46

Rank in category: 8(of 9)

Best time in the category: 22:34