



3Türmelauf
Bad Langensalza / 19.04.2015

Detailed evaluation

Ronny, Thomas

Club: SPD-Bad Langensalza
Number: 144

Course: 5.00 km
5 km - Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 31:07

Speed: 9.64 km/h
Running performance: 6:13 min/km

Rank in course/Total: 141 (of 227)

Rank in course/Men: 95 (of 124)

Best time in course: 17:46

Rank in category: 8(of 9)

Best time in the category: 25:50