



## 3Türmelauf

Bad Langensalza / 19.04.2015

### Detailed evaluation

**Rödiger, Paul-Gustav**

Club: SV Empor

Number: 240

Course: 5.00 km

5 km - Lauf

Category:

männliche Jugend U14 (12-13 Jahre)

Total time: 31:34

Speed: 9.50 km/h

Running performance: 6:19 min/km

Rank in course/Total: 147 (of 227)

Rank in course/Men: 99 (of 124)

Best time in course: 17:46

Rank in category: 16(of 22)

Best time in the category: 21:26