



3Türmelauf

Bad Langensalza / 19.04.2015

Detailed evaluation

Seifert, Richard

Club: Bad Langensalza

Number: 268

Course: 5.00 km

5 km - Lauf

Category:

männliche Jugend U16 (14-15 Jahre)

Total time: 31:53

Speed: 9.41 km/h

Running performance: 6:23 min/km

Rank in course/Total: 152 (of 227)

Rank in course/Men: 101 (of 124)

Best time in course: 17:46

Rank in category: 15(of 19)

Best time in the category: 19:24