



3Türmelauf  
Bad Langensalza / 19.04.2015

## Detailed evaluation

**Seidel, Janik**

Club: Sv empor  
Number: 161

Course: 5.00 km  
5 km - Lauf

Category:  
männliche Jugend U16 (14-15 Jahre)

Total time: 32:37

Speed: 9.20 km/h  
Running performance: 6:31 min/km

Rank in course/Total: 156 (of 227)

Rank in course/Men: 102 (of 124)

Best time in course: 17:46

Rank in category: 16(of 19)

Best time in the category: 19:24