



3Türmelauf  
Bad Langensalza / 19.04.2015

Detailed evaluation

Tobias, Koch

Club: SPD-Bad Langensalza  
Number: 169

Course: 5.00 km  
5 km - Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 34:17

Speed: 8.75 km/h  
Running performance: 6:52 min/km

Rank in course/Total: 183 (of 227)

Rank in course/Men: 112 (of 124)

Best time in course: 17:46

Rank in category: 9(of 9)

Best time in the category: 25:50