



3Türmelauf  
Bad Langensalza / 19.04.2015

## Detailed evaluation

**Marcel, Krieghoff**

Club: BL Sharks  
Number: 1

Course: 12.50 km  
12,5 km -Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 42:15

Speed: 17.04 km/h  
Running performance: 3:23 min/km

Rank in course/Total: 1 (of 193)

Rank in course/Men: 1 (of 142)

Best time in course: 42:15

Rank in category: 1(of 22)

Best time in the category: 42:15