



3Türmelauf
Bad Langensalza / 19.04.2015

Detailed evaluation

Rudolph, Jörg

Club: Bad Langensalza
Number: 108

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 53:38

Speed: 13.98 km/h
Running performance: 4:17 min/km

Rank in course/Total: 14 (of 193)

Rank in course/Men: 14 (of 142)

Best time in course: 42:15

Rank in category: 3(of 20)

Best time in the category: 52:31