



## 3Türmelauf

Bad Langensalza / 19.04.2015

### Detailed evaluation

#### Degenhardt, Matthias

Club: Wendehausen

Number: 19

Course: 12.50 km

12,5 km -Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 53:48

Speed: 13.38 km/h

Running performance: 4:18 min/km

Rank in course/Total: 15 (of 193)

Rank in course/Men: 15 (of 142)

Best time in course: 42:15

Rank in category: 4(of 21)

Best time in the category: 48:32