



3Türmelauf
Bad Langensalza / 19.04.2015

Detailed evaluation

Trinitz, Jan

Club: FC.Fahner Höhe
Number: 142

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 57:42

Speed: 12.48 km/h
Running performance: 4:37 min/km

Rank in course/Total: 32 (of 193)

Rank in course/Men: 29 (of 142)

Best time in course: 42:15

Rank in category: 6(of 22)

Best time in the category: 42:15