



3Türmelauf
Bad Langensalza / 19.04.2015

Detailed evaluation

Christian, Knäbe

Club: BL Sharks
Number: 160

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 59:53

Speed: 12.02 km/h
Running performance: 4:47 min/km

Rank in course/Total: 45 (of 193)

Rank in course/Men: 41 (of 142)

Best time in course: 42:15

Rank in category: 8(of 20)

Best time in the category: 52:31