



3Türmelauf  
Bad Langensalza / 19.04.2015

Detailed evaluation

Ludwig, Ronny

Club: Wangenheim  
Number: 167

Course: 12.50 km  
12,5 km -Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 1:03:14

Speed: 11.39 km/h  
Running performance: 5:04 min/km

Rank in course/Total: 72 (of 193)

Rank in course/Men: 64 (of 142)

Best time in course: 42:15

Rank in category: 13(of 20)

Best time in the category: 52:31