



## 3Türmelauf

Bad Langensalza / 19.04.2015

### Detailed evaluation

Römhild, Sven-Jörg

Club: Bad Langensalza

Number: 106

Course: 12.50 km

12,5 km -Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:03:42

Speed: 11.30 km/h

Running performance: 5:06 min/km

Rank in course/Total: 77 (of 193)

Rank in course/Men: 68 (of 142)

Best time in course: 42:15

Rank in category: 11(of 21)

Best time in the category: 48:32