



3Türmelauf

Bad Langensalza / 19.04.2015

Detailed evaluation

Thormann, Dirk

Club: einfach so

Number: 140

Course: 12.50 km

12,5 km -Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:04:01

Speed: 11.25 km/h

Running performance: 5:07 min/km

Rank in course/Total: 80 (of 193)

Rank in course/Men: 70 (of 142)

Best time in course: 42:15

Rank in category: 9(of 20)

Best time in the category: 52:50