



3Türmelauf
Bad Langensalza / 19.04.2015

Detailed evaluation

Albrecht, Frank

Club: Gotha
Number: 4

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:04:29

Speed: 11.17 km/h
Running performance: 5:10 min/km

Rank in course/Total: 83 (of 193)

Rank in course/Men: 74 (of 142)

Best time in course: 42:15

Rank in category: 12(of 21)

Best time in the category: 48:32