



3Türmelauf
Bad Langensalza / 19.04.2015

Detailed evaluation

Abramowsky, Steffen

Club: SV Creaton
Number: 2

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M50 (50-54 Jahre)

Total time: 1:11:19

Speed: 10.10 km/h
Running performance: 5:43 min/km

Rank in course/Total: 150 (of 193)

Rank in course/Men: 123 (of 142)

Best time in course: 42:15

Rank in category: 18(of 25)

Best time in the category: 46:59