



3Türmelauf

Bad Langensalza / 19.04.2015

Detailed evaluation

Benkenstein, Adrian

Club: Salza-Gymnasium

Number: 9

Course: 12.50 km

12,5 km -Lauf

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 1:23:43

Speed: 8.60 km/h

Running performance: 6:42 min/km

Rank in course/Total: 189 (of 193)

Rank in course/Men: 140 (of 142)

Best time in course: 42:15

Rank in category: 6(of 6)

Best time in the category: 59:47