



3Türmelauf  
Bad Langensalza / 19.04.2015

## Detailed evaluation

Ochmann, Tom

Club: BL Sharks  
Number: 192

Course: 5.00 km  
5 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 28:21

Speed: 10.58 km/h  
Running performance: 5:40 min/km

Rank in course/Total: 94 (of 227)

Rank in course/Men: 69 (of 124)

Best time in course: 17:46

Rank in category: 7(of 9)

Best time in the category: 22:34