



3Türmelauf

Bad Langensalza / 24.04.2016

Detailed evaluation

Kirchner, Ralf

Club: LG Ohra Energie

Number: 612

Course: 5.00 km

5 km - Lauf

Category:

Männer (20-29 Jahre)

Total time: 18:50

Speed: 15.93 km/h

Running performance: 3:46 min/km

Rank in course/Total: 2 (of 242)

Rank in course/Men: 2 (of 137)

Best time in course: 18:28

Rank in category: 1(of 15)

Best time in the category: 18:50