



3Türmelauf  
Bad Langensalza / 24.04.2016

## Detailed evaluation

Friedrich, Adrian

Club: CrossFit Erfurt  
Number: 544

Course: 5.00 km  
5 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 19:30

Speed: 15.38 km/h  
Running performance: 3:54 min/km

Rank in course/Total: 3 (of 242)

Rank in course/Men: 3 (of 137)

Best time in course: 18:28

Rank in category: 1(of 14)

Best time in the category: 19:30