



3Türmelauf  
Bad Langensalza / 24.04.2016

## Detailed evaluation

**Ackermann, Thomas**

Club: Mühlhäuser Röblingschule  
Number: 782

Course: 5.00 km  
5 km - Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 23:34

Speed: 12.73 km/h  
Running performance: 4:43 min/km

Rank in course/Total: 20 (of 242)

Rank in course/Men: 19 (of 137)

Best time in course: 18:28

Rank in category: 2(of 7)

Best time in the category: 22:06