



3Türmelauf

Bad Langensalza / 24.04.2016

Detailed evaluation

Rönick, Hannes

Club: GKN Sinter Metals, Bad Langensalza
Number: 687

Course: 5.00 km

5 km - Lauf

Category:

Männer (20-29 Jahre)

Total time: 23:21

Speed: 12.85 km/h

Running performance: 4:40 min/km

Rank in course/Total: 18 (of 242)

Rank in course/Men: 17 (of 137)

Best time in course: 18:28

Rank in category: 4(of 15)

Best time in the category: 18:50