



3Türmelauf  
Bad Langensalza / 24.04.2016

## Detailed evaluation

Leifeld, Nico

Club: B.L.Sharks  
Number: 636

Course: 5.00 km  
5 km - Lauf

Category:  
Männer (20-29 Jahre)

Total time: 23:16

Speed: 12.89 km/h  
Running performance: 4:39 min/km

Rank in course/Total: 17 (of 242)

Rank in course/Men: 16 (of 137)

Best time in course: 18:28

Rank in category: 3(of 15)

Best time in the category: 18:50