



3Türmelauf

Bad Langensalza / 24.04.2016

Detailed evaluation

Werner, Frank

Club: GKN Sinter Metals, Bad Langensalza

Number: 749

Course: 5.00 km

5 km - Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 24:44

Speed: 12.13 km/h

Running performance: 4:57 min/km

Rank in course/Total: 38 (of 242)

Rank in course/Men: 31 (of 137)

Best time in course: 18:28

Rank in category: 2(of 9)

Best time in the category: 22:00