



3Türmelauf  
Bad Langensalza / 24.04.2016

## Detailed evaluation

**Rogge, Uwe**

Club: Laufteam TMP  
Number: 685

Course: 5.00 km  
5 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 25:26

Speed: 11.80 km/h  
Running performance: 5:05 min/km

Rank in course/Total: 51 (of 242)

Rank in course/Men: 40 (of 137)

Best time in course: 18:28

Rank in category: 2(of 11)

Best time in the category: 22:48