



## 3Türmelauf

Bad Langensalza / 24.04.2016

### Detailed evaluation

#### Seifert, Ben

Club: Salza-Gymnasium

Number: 714

Course: 5.00 km

5 km - Lauf

Category:

männliche Jugend U14 (12-13 Jahre)

Total time: 24:52

Speed: 12.06 km/h

Running performance: 4:58 min/km

Rank in course/Total: 46 (of 242)

Rank in course/Men: 36 (of 137)

Best time in course: 18:28

Rank in category: 3(of 10)

Best time in the category: 21:14