



3Türmelauf

Bad Langensalza / 24.04.2016

Detailed evaluation

Ladenberger, Nico

Club: Salza-Gymnasium

Number: 629

Course: 5.00 km

5 km - Lauf

Category:

männliche Jugend U14 (12-13 Jahre)

Total time: 25:34

Speed: 11.73 km/h

Running performance: 5:07 min/km

Rank in course/Total: 53 (of 242)

Rank in course/Men: 43 (of 137)

Best time in course: 18:28

Rank in category: 5(of 10)

Best time in the category: 21:14