



## 3Türmelauf

Bad Langensalza / 24.04.2016

### Detailed evaluation

#### Lenk, Torsten

Club: GKN Sinter Metals, Bad Langensalza  
Number: 639

Course: 5.00 km  
5 km - Lauf

#### Category:

Senioren M30 (30-34 Jahre)

Total time: 25:35

Speed: 11.73 km/h

Running performance: 5:07 min/km

Rank in course/Total: 55 (of 242)

Rank in course/Men: 45 (of 137)

Best time in course: 18:28

Rank in category: 7(of 14)

Best time in the category: 19:30