



## 3Türmelauf

Bad Langensalza / 24.04.2016

### Detailed evaluation

**Thomas, Sandro**

Club: GKN Sinter Metals, Bad Langensalza  
Number: 733

Course: 5.00 km  
5 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 25:34

Speed: 11.73 km/h  
Running performance: 5:07 min/km

Rank in course/Total: 54 (of 242)

Rank in course/Men: 43 (of 137)

Best time in course: 18:28

Rank in category: 2(of 10)

Best time in the category: 25:26