



3Türmelauf
Bad Langensalza / 24.04.2016

Detailed evaluation

Lasch, Heiko

Club: SV Empor
Number: 775

Course: 5.00 km
5 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 27:38

Speed: 10.86 km/h
Running performance: 5:32 min/km

Rank in course/Total: 98 (of 242)

Rank in course/Men: 81 (of 137)

Best time in course: 18:28

Rank in category: 7(of 11)

Best time in the category: 22:48