



3Türmelauf  
Bad Langensalza / 24.04.2016

## Detailed evaluation

Allstedt, Alexander

Club: Bad Langensalza  
Number: 502

Course: 5.00 km  
5 km - Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 26:21

Speed: 11.39 km/h  
Running performance: 5:16 min/km

Rank in course/Total: 73 (of 242)

Rank in course/Men: 58 (of 137)

Best time in course: 18:28

Rank in category: 4(of 9)

Best time in the category: 22:00