



3Türmelauf

Bad Langensalza / 24.04.2016

Detailed evaluation

Schmähling, Jens

Club: Gräfentonna

Number: 701

Course: 5.00 km

5 km - Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 29:32

Speed: 10.16 km/h

Running performance: 5:55 min/km

Rank in course/Total: 143 (of 242)

Rank in course/Men: 102 (of 137)

Best time in course: 18:28

Rank in category: 9(of 11)

Best time in the category: 22:48