



3Türmelauf

Bad Langensalza / 24.04.2016

Detailed evaluation

Hecker, Lennart

Club: GKN Sinter Metals, Bad Langensalza
Number: 564

Course: 5.00 km
5 km - Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 28:15

Speed: 10.62 km/h

Running performance: 5:39 min/km

Rank in course/Total: 107 (of 242)

Rank in course/Men: 84 (of 137)

Best time in course: 18:28

Rank in category: 12(of 14)

Best time in the category: 19:30