



3Türmelauf
Bad Langensalza / 24.04.2016

Detailed evaluation

Löwe, Martin

Club: SV Blau Weiß Goldbach
Number: 779

Course: 5.00 km
5 km - Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 31:31

Speed: 9.52 km/h
Running performance: 6:18 min/km

Rank in course/Total: 180 (of 242)

Rank in course/Men: 117 (of 137)

Best time in course: 18:28

Rank in category: 13(of 14)

Best time in the category: 19:30