



3Türmelauf

Bad Langensalza / 24.04.2016

Detailed evaluation

Ringmann, Ronny

Club: DaRoTel GmbH

Number: 684

Course: 5.00 km

5 km - Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 31:26

Speed: 9.54 km/h

Running performance: 6:17 min/km

Rank in course/Total: 179 (of 242)

Rank in course/Men: 116 (of 137)

Best time in course: 18:28

Rank in category: 7(of 10)

Best time in the category: 25:26