



3Türmelauf  
Bad Langensalza / 24.04.2016

## Detailed evaluation

Opaterni, Ringo

Club: Eisenach  
Number: 796

Course: 5.00 km  
5 km - Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 29:42

Speed: 10.10 km/h  
Running performance: 5:56 min/km

Rank in course/Total: 146 (of 242)

Rank in course/Men: 104 (of 137)

Best time in course: 18:28

Rank in category: 7(of 9)

Best time in the category: 22:00