



3Türmelauf

Bad Langensalza / 24.04.2016

Detailed evaluation

Hof, Mathias

Club: Bad Langensalza

Number: 579

Course: 5.00 km

5 km - Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 31:22

Speed: 9.56 km/h

Running performance: 6:16 min/km

Rank in course/Total: 178 (of 242)

Rank in course/Men: 115 (of 137)

Best time in course: 18:28

Rank in category: 10(of 11)

Best time in the category: 22:48