



3Türmelauf

Bad Langensalza / 24.04.2016

Detailed evaluation

Seidel, Jörg

Club: Bakerboy

Number: 713

Course: 5.00 km

5 km - Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 31:50

Speed: 9.42 km/h

Running performance: 6:22 min/km

Rank in course/Total: 187 (of 242)

Rank in course/Men: 120 (of 137)

Best time in course: 18:28

Rank in category: 9(of 10)

Best time in the category: 25:26