



3Türmelauf

Bad Langensalza / 24.04.2016

Detailed evaluation

Foth, Marcel

Club: Gräfentonna

Number: 538

Course: 5.00 km

5 km - Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 38:19

Speed: 7.83 km/h

Running performance: 7:40 min/km

Rank in course/Total: 231 (of 242)

Rank in course/Men: 136 (of 137)

Best time in course: 18:28

Rank in category: 14(of 14)

Best time in the category: 19:30