



3Türmelauf

Bad Langensalza / 24.04.2016

Detailed evaluation

Eltahir, Ahmed

Club: Salza-Gymnasium

Number: 1073

Course: 12.50 km

12,5 km -Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 58:46

Speed: 12.25 km/h

Running performance: 4:42 min/km

Rank in course/Total: 41 (of 188)

Rank in course/Men: 37 (of 138)

Best time in course: 41:37

Rank in category: 7(of 26)

Best time in the category: 49:04