



## 3Türmelauf

Bad Langensalza / 24.04.2016

### Detailed evaluation

**Ponick, Julius**

Club: Bad Tennstedt

Number: 1162

Course: 12.50 km

12,5 km -Lauf

Category:

männliche Jugend U20 (18-19 Jahre)

Total time: 58:37

Speed: 12.28 km/h

Running performance: 4:41 min/km

Rank in course/Total: 39 (of 188)

Rank in course/Men: 35 (of 138)

Best time in course: 41:37

Rank in category: 2(of 4)

Best time in the category: 51:30