



3Türmelauf  
Bad Langensalza / 24.04.2016

Detailed evaluation

Thon, Rico

Club: Bad Langensalza  
Number: 1212

Course: 12.50 km  
12,5 km -Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 59:47

Speed: 12.04 km/h  
Running performance: 4:47 min/km

Rank in course/Total: 46 (of 188)

Rank in course/Men: 41 (of 138)

Best time in course: 41:37

Rank in category: 5(of 20)

Best time in the category: 52:15