



3Türmelauf

Bad Langensalza / 24.04.2016

Detailed evaluation

Knäbe, Christian

Club: B.L.Sharks

Number: 1119

Course: 12.50 km

12,5 km -Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:00:09

Speed: 11.97 km/h

Running performance: 4:49 min/km

Rank in course/Total: 49 (of 188)

Rank in course/Men: 44 (of 138)

Best time in course: 41:37

Rank in category: 6(of 16)

Best time in the category: 51:53