



3Türmelauf

Bad Langensalza / 24.04.2016

Detailed evaluation

Zehnpfund, Frank

Club: Bad Langensalza

Number: 1243

Course: 12.50 km

12,5 km -Lauf

Category:

Männer (20-29 Jahre)

Total time: 1:00:24

Speed: 11.92 km/h

Running performance: 4:50 min/km

Rank in course/Total: 51 (of 188)

Rank in course/Men: 46 (of 138)

Best time in course: 41:37

Rank in category: 6(of 10)

Best time in the category: 51:01