



3Türmelauf  
Bad Langensalza / 24.04.2016

## Detailed evaluation

Windolf, Matthias

Club: Cocktails & Friends  
Number: 1225

Course: 12.50 km  
12,5 km -Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:10:31

Speed: 10.21 km/h  
Running performance: 5:38 min/km

Rank in course/Total: 137 (of 188)

Rank in course/Men: 115 (of 138)

Best time in course: 41:37

Rank in category: 21(of 24)

Best time in the category: 47:12