



## 3Türmelauf

Bad Langensalza / 24.04.2016

### Detailed evaluation

**Rostami, Abbas**

Club: SV Empor LSZ Boxen

Number: 1172

Course: 12.50 km

12,5 km -Lauf

Category:

männliche Jugend U18 (16-17 Jahre)

Total time: 1:11:44

Speed: 10.46 km/h

Running performance: 5:44 min/km

Rank in course/Total: 142 (of 188)

Rank in course/Men: 119 (of 138)

Best time in course: 41:37

Rank in category: 5(of 5)

Best time in the category: 57:05