



3Türmelauf  
Bad Langensalza / 24.04.2016

## Detailed evaluation

Krieghoff, Marcel

Club: B.L.Sharks  
Number: 1131

Course: 12.50 km  
12,5 km -Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 41:37

Speed: 17.30 km/h  
Running performance: 3:20 min/km

Rank in course/Total: 1 (of 188)

Rank in course/Men: 1 (of 138)

Best time in course: 41:37

Rank in category: 1(of 15)

Best time in the category: 41:37