



3Türmelauf  
Bad Langensalza / 30.04.2017

## Detailed evaluation

**FRIEDRICH, Adrian**

Club: CrossFit Erfurt  
Number: 1036

Course: 5.00 km  
5 km - Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 19:13

Speed: 15.61 km/h  
Running performance: 3:50 min/km

Rank in course/Total: 3 (of 251)

Rank in course/Men: 3 (of 141)

Best time in course: 18:14

Rank in category: 1(of 7)

Best time in the category: 19:13