



3Türmelauf  
Bad Langensalza / 30.04.2017

## Detailed evaluation

Knothe, Roberto

Number: 1280

Course: 5.00 km  
5 km - Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 22:06

Speed: 13.57 km/h

Running performance: 4:25 min/km

Rank in course/Total: 11 (of 251)

Rank in course/Men: 11 (of 141)

Best time in course: 18:14

Rank in category: 2(of 13)

Best time in the category: 21:56