



3Türmelauf
Bad Langensalza / 30.04.2017

Detailed evaluation

Holz, Enrico

Club: Jena

Number: 1285

Course: 5.00 km

5 km - Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 23:43

Speed: 12.65 km/h

Running performance: 4:44 min/km

Rank in course/Total: 27 (of 251)

Rank in course/Men: 24 (of 141)

Best time in course: 18:14

Rank in category: 1(of 13)

Best time in the category: 23:43