



3Türmelauf
Bad Langensalza / 30.04.2017

Detailed evaluation

NÜRNBERGER, Dirk

Club: SV Empor
Number: 1143

Course: 5.00 km
5 km - Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 23:59

Speed: 12.51 km/h
Running performance: 4:48 min/km

Rank in course/Total: 30 (of 251)

Rank in course/Men: 27 (of 141)

Best time in course: 18:14

Rank in category: 4(of 13)

Best time in the category: 21:56