



## 3Türmelauf

Bad Langensalza / 30.04.2017

### Detailed evaluation

**LENK, Torsten**

Club: GKN Sinter Metals, Bad Langensalza  
Number: 1118

Course: 5.00 km  
5 km - Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 24:02

Speed: 12.48 km/h

Running performance: 4:49 min/km

Rank in course/Total: 33 (of 251)

Rank in course/Men: 28 (of 141)

Best time in course: 18:14

Rank in category: 1(of 8)

Best time in the category: 24:02