



3Türmelauf

Bad Langensalza / 30.04.2017

Detailed evaluation

THORMANN, Dirk

Club: Walschberg Runners

Number: 1203

Course: 5.00 km

5 km - Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 25:27

Speed: 11.79 km/h

Running performance: 5:05 min/km

Rank in course/Total: 54 (of 251)

Rank in course/Men: 44 (of 141)

Best time in course: 18:14

Rank in category: 7(of 13)

Best time in the category: 21:56