



3Türmelauf
Bad Langensalza / 30.04.2017

Detailed evaluation

Nicolai, Kai

Club: THC

Number: 1272

Course: 5.00 km

5 km - Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 29:31

Speed: 10.16 km/h

Running performance: 5:54 min/km

Rank in course/Total: 152 (of 251)

Rank in course/Men: 108 (of 141)

Best time in course: 18:14

Rank in category: 6(of 8)

Best time in the category: 24:02