



3Türmelauf  
Bad Langensalza / 30.04.2017

## Detailed evaluation

**RINGMANN, Ronny**

Club: DaRoTel  
Number: 1159

Course: 5.00 km  
5 km - Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 32:05

Speed: 9.35 km/h  
Running performance: 6:25 min/km

Rank in course/Total: 189 (of 251)

Rank in course/Men: 124 (of 141)

Best time in course: 18:14

Rank in category: 10(of 13)

Best time in the category: 23:43