



3Türmelauf
Bad Langensalza / 30.04.2017

Detailed evaluation

THÜRINGER, Michael

Club: DRK Mühlhausen
Number: 1204

Course: 5.00 km
5 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 29:41

Speed: 10.11 km/h
Running performance: 5:56 min/km

Rank in course/Total: 158 (of 251)

Rank in course/Men: 110 (of 141)

Best time in course: 18:14

Rank in category: 8(of 13)

Best time in the category: 23:43