



## 3Türmelauf

Bad Langensalza / 30.04.2017

### Detailed evaluation

**STOYE, Silvio**

Club: BLG

Number: 1196

Course: 5.00 km

5 km - Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 29:28

Speed: 10.18 km/h

Running performance: 5:53 min/km

Rank in course/Total: 149 (of 251)

Rank in course/Men: 105 (of 141)

Best time in course: 18:14

Rank in category: 11(of 13)

Best time in the category: 21:56