



3Türmelauf

Bad Langensalza / 30.04.2017

Detailed evaluation

LUDEWIG, Lennox

Club: SV Empor Abtl.Boxen

Number: 1129

Course: 5.00 km

5 km - Lauf

Category:

männliche Jugend U14 (12-13 Jahre)

Total time: 36:25

Speed: 8.24 km/h

Running performance: 7:17 min/km

Rank in course/Total: 228 (of 251)

Rank in course/Men: 136 (of 141)

Best time in course: 18:14

Rank in category: 22(of 22)

Best time in the category: 22:14