



3Türmelauf
Bad Langensalza / 30.04.2017

Detailed evaluation

THOMAS, Ronny

Club: SPD Bad Langensalza
Number: 1201

Course: 5.00 km
5 km - Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 38:00

Speed: 7.89 km/h
Running performance: 7:36 min/km

Rank in course/Total: 234 (of 251)

Rank in course/Men: 137 (of 141)

Best time in course: 18:14

Rank in category: 12(of 13)

Best time in the category: 23:43