



3Türmelauf  
Bad Langensalza / 30.04.2017

## Detailed evaluation

**THURM, Ingo**

Club: sc impuls Erfurt  
Number: 1872

Course: 12.50 km  
12,5 km -Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 45:09

Speed: 16.61 km/h  
Running performance: 3:37 min/km

Rank in course/Total: 3 (of 246)

Rank in course/Men: 3 (of 190)

Best time in course: 41:16

Rank in category: 1(of 29)

Best time in the category: 45:09