



3Türmelauf

Bad Langensalza / 30.04.2017

Detailed evaluation

Frontke, Thomas

Club: SV 1899 Mühlhausen

Number: 1948

Course: 12.50 km

12,5 km -Lauf

Category:

Senioren M50 (50-54 Jahre)

Total time: 52:49

Speed: 14.20 km/h

Running performance: 4:14 min/km

Rank in course/Total: 18 (of 246)

Rank in course/Men: 17 (of 190)

Best time in course: 41:16

Rank in category: 3(of 21)

Best time in the category: 49:46