



3Türmelauf

Bad Langensalza / 30.04.2017

Detailed evaluation

RUDOLPH, Jörg

Club: Sport-Kids

Number: 1847

Course: 12.50 km

12,5 km -Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 55:20

Speed: 13.01 km/h

Running performance: 4:26 min/km

Rank in course/Total: 41 (of 246)

Rank in course/Men: 40 (of 190)

Best time in course: 41:16

Rank in category: 4(of 21)

Best time in the category: 53:51