



3Türmelauf
Bad Langensalza / 30.04.2017

Detailed evaluation

Spaar, Sebastian

Number: 1929

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 1:00:18

Speed: 11.94 km/h

Running performance: 4:49 min/km

Rank in course/Total: 77 (of 246)

Rank in course/Men: 72 (of 190)

Best time in course: 41:16

Rank in category: 14(of 22)

Best time in the category: 41:16