



## 3Türmelauf

Bad Langensalza / 30.04.2017

### Detailed evaluation

**SIMON, Holger**

Club: -

Number: 1863

Course: 12.50 km

12,5 km -Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:00:24

Speed: 12.42 km/h

Running performance: 4:50 min/km

Rank in course/Total: 81 (of 246)

Rank in course/Men: 75 (of 190)

Best time in course: 41:16

Rank in category: 15(of 22)

Best time in the category: 41:16