



3Türmelauf  
Bad Langensalza / 30.04.2017

## Detailed evaluation

**Ernst, Tobias**

Club: Thüringer HC  
Number: 1945

Course: 12.50 km  
12,5 km -Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:03:36

Speed: 11.32 km/h  
Running performance: 5:05 min/km

Rank in course/Total: 112 (of 246)

Rank in course/Men: 101 (of 190)

Best time in course: 41:16

Rank in category: 13(of 21)

Best time in the category: 53:51