



3Türmelauf

Bad Langensalza / 30.04.2017

Detailed evaluation

Ludwig, Ronny

Club: Wangenheim

Number: 1917

Course: 12.50 km

12,5 km -Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:10:59

Speed: 10.14 km/h

Running performance: 5:41 min/km

Rank in course/Total: 176 (of 246)

Rank in course/Men: 152 (of 190)

Best time in course: 41:16

Rank in category: 21(of 24)

Best time in the category: 52:05