



3Türmelauf

Bad Langensalza / 30.04.2017

Detailed evaluation

PONICK, Julius

Club: TriTeam Uni Bw

Number: 1833

Course: 12.50 km

12,5 km -Lauf

Category:

Männer (20-29 Jahre)

Total time: 1:11:32

Speed: 10.07 km/h

Running performance: 5:43 min/km

Rank in course/Total: 182 (of 246)

Rank in course/Men: 155 (of 190)

Best time in course: 41:16

Rank in category: 17(of 19)

Best time in the category: 44:27