



## 3Türmelauf

Bad Langensalza / 30.04.2017

### Detailed evaluation

**KRAUS, Roman**

Club: BSG Sparkasse UH e.V.

Number: 1788

Course: 12.50 km

12,5 km -Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:17:25

Speed: 9.30 km/h

Running performance: 6:11 min/km

Rank in course/Total: 225 (of 246)

Rank in course/Men: 179 (of 190)

Best time in course: 41:16

Rank in category: 21(of 21)

Best time in the category: 53:51