



3Türmelauf  
Bad Langensalza / 30.04.2017

Detailed evaluation

KOHR, Benjamin

Club: Jesus-Haus Bad Langensalza  
Number: 1786

Course: 12.50 km  
12,5 km -Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:20:24

Speed: 8.96 km/h  
Running performance: 6:26 min/km

Rank in course/Total: 231 (of 246)

Rank in course/Men: 184 (of 190)

Best time in course: 41:16

Rank in category: 22(of 22)

Best time in the category: 41:16