



3Türmelauf

Bad Langensalza / 14.04.2019

Detailed evaluation

Krieghoff, Marcel

Club: VR Bank / SC Impuls Erfurt

Number: 159

Course: 12.50 km

12,5 km -Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 41:01

Speed: 18.29 km/h

Running performance: 3:17 min/km

Rank in course/Total: 1 (of 211)

Rank in course/Men: 1 (of 156)

Best time in course: 41:01

Rank in category: 1(of 18)

Best time in the category: 41:01