



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Thurm, Ingo

Club: Erfurt
Number: 58

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 43:54

Speed: 16.40 km/h
Running performance: 3:31 min/km

Rank in course/Total: 2 (of 211)

Rank in course/Men: 2 (of 156)

Best time in course: 41:01

Rank in category: 1(of 26)

Best time in the category: 43:54