



3Türmelauf  
Bad Langensalza / 14.04.2019

Detailed evaluation

Lehnert, Sven

Club: SLG Bad Langensalza  
Number: 137

Course: 12.50 km  
12,5 km -Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 46:57

Speed: 15.97 km/h  
Running performance: 3:46 min/km

Rank in course/Total: 5 (of 211)

Rank in course/Men: 5 (of 156)

Best time in course: 41:01

Rank in category: 2(of 26)

Best time in the category: 43:54