



3Türmelauf  
Bad Langensalza / 14.04.2019

Detailed evaluation

Lafon, Guillaume

Club: LTV Erfurt  
Number: 231

Course: 12.50 km  
12,5 km -Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 47:31

Speed: 15.78 km/h  
Running performance: 3:48 min/km

Rank in course/Total: 8 (of 211)

Rank in course/Men: 8 (of 156)

Best time in course: 41:01

Rank in category: 3(of 17)

Best time in the category: 44:21