



3Türmelauf

Bad Langensalza / 14.04.2019

Detailed evaluation

Gräfe, Michael

Club: SG Tonna

Number: 199

Course: 12.50 km

12,5 km -Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 48:55

Speed: 14.72 km/h

Running performance: 3:55 min/km

Rank in course/Total: 11 (of 211)

Rank in course/Men: 11 (of 156)

Best time in course: 41:01

Rank in category: 2(of 22)

Best time in the category: 45:21