



3Türmelauf

Bad Langensalza / 14.04.2019

Detailed evaluation

Trost, Stefan

Club: Weißensee

Number: 208

Course: 12.50 km

12,5 km -Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 50:55

Speed: 14.73 km/h

Running performance: 4:04 min/km

Rank in course/Total: 16 (of 211)

Rank in course/Men: 16 (of 156)

Best time in course: 41:01

Rank in category: 3(of 18)

Best time in the category: 41:01