



3Türmelauf

Bad Langensalza / 14.04.2019

Detailed evaluation

Bertram, Sascha

Club: Stedtfelder RSF 1979

Number: 143

Course: 12.50 km

12,5 km -Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 52:22

Speed: 13.75 km/h

Running performance: 4:11 min/km

Rank in course/Total: 17 (of 211)

Rank in course/Men: 17 (of 156)

Best time in course: 41:01

Rank in category: 4(of 18)

Best time in the category: 41:01