



3Türmelauf

Bad Langensalza / 14.04.2019

Detailed evaluation

Steinwachs, Bert

Club: SV Normania Treffurt

Number: 147

Course: 12.50 km

12,5 km -Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 53:02

Speed: 13.58 km/h

Running performance: 4:14 min/km

Rank in course/Total: 21 (of 211)

Rank in course/Men: 20 (of 156)

Best time in course: 41:01

Rank in category: 5(of 22)

Best time in the category: 45:21