



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Rudolf, Martin

Club: Erfurt
Number: 45

Course: 12.50 km
12,5 km -Lauf

Category:
Männer (20-29 Jahre)

Total time: 54:33

Speed: 13.75 km/h
Running performance: 4:22 min/km

Rank in course/Total: 29 (of 211)

Rank in course/Men: 28 (of 156)

Best time in course: 41:01

Rank in category: 4(of 14)

Best time in the category: 47:16