



3Türmelauf

Bad Langensalza / 14.04.2019

Detailed evaluation

Spaar, Sebastian

Club: Running Turtle

Number: 128

Course: 12.50 km

12,5 km -Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 54:36

Speed: 13.19 km/h

Running performance: 4:22 min/km

Rank in course/Total: 30 (of 211)

Rank in course/Men: 29 (of 156)

Best time in course: 41:01

Rank in category: 6(of 17)

Best time in the category: 44:21