



3Türmelauf  
Bad Langensalza / 14.04.2019

Detailed evaluation

Ahke, Thomas

Club: VR Bank Westthüringen eG  
Number: 161

Course: 12.50 km  
12,5 km -Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 55:18

Speed: 13.02 km/h  
Running performance: 4:25 min/km

Rank in course/Total: 35 (of 211)

Rank in course/Men: 32 (of 156)

Best time in course: 41:01

Rank in category: 6(of 26)

Best time in the category: 43:54