



## 3Türmelauf

Bad Langensalza / 14.04.2019

### Detailed evaluation

**Boog, Swen**

Club: Erfurt  
Number: 224

Course: 12.50 km  
12,5 km -Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 55:42

Speed: 12.93 km/h  
Running performance: 4:28 min/km

Rank in course/Total: 37 (of 211)

Rank in course/Men: 34 (of 156)

Best time in course: 41:01

Rank in category: 7(of 26)

Best time in the category: 43:54