



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Herrmann, Steffen

Club: 19:50 Läufer
Number: 68

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 55:44

Speed: 12.92 km/h
Running performance: 4:28 min/km

Rank in course/Total: 38 (of 211)

Rank in course/Men: 35 (of 156)

Best time in course: 41:01

Rank in category: 8(of 26)

Best time in the category: 43:54