



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Anders, Christian

Club: Laufftreff Friedrichroda
Number: 113

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 56:02

Speed: 12.85 km/h
Running performance: 4:29 min/km

Rank in course/Total: 42 (of 211)

Rank in course/Men: 38 (of 156)

Best time in course: 41:01

Rank in category: 8(of 22)

Best time in the category: 45:21