



## 3Türmelauf

Bad Langensalza / 14.04.2019

### Detailed evaluation

**Trautwein, Tobias**

Club: Firefighter Muscle

Number: 83

Course: 12.50 km

12,5 km -Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 57:55

Speed: 12.95 km/h

Running performance: 4:38 min/km

Rank in course/Total: 56 (of 211)

Rank in course/Men: 51 (of 156)

Best time in course: 41:01

Rank in category: 9(of 17)

Best time in the category: 44:21