



3Türmelauf

Bad Langensalza / 14.04.2019

Detailed evaluation

Eltahir, Ahmed

Club: Salza-Gymnasium

Number: 172

Course: 12.50 km

12,5 km -Lauf

Category:

Senioren M55 (55-59 Jahre)

Total time: 58:41

Speed: 12.78 km/h

Running performance: 4:41 min/km

Rank in course/Total: 60 (of 211)

Rank in course/Men: 54 (of 156)

Best time in course: 41:01

Rank in category: 3(of 13)

Best time in the category: 56:58