



## 3Türmelauf

Bad Langensalza / 14.04.2019

### Detailed evaluation

#### Schönau, Markus

Club: Brennholzhandel Schönau

Number: 233

Course: 12.50 km

12,5 km -Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:00:31

Speed: 11.90 km/h

Running performance: 4:50 min/km

Rank in course/Total: 72 (of 211)

Rank in course/Men: 66 (of 156)

Best time in course: 41:01

Rank in category: 14(of 22)

Best time in the category: 45:21