



3Türmelauf

Bad Langensalza / 14.04.2019

Detailed evaluation

Keiderling, Lars

Club: SWL-ENERGIE-TEAM

Number: 150

Course: 12.50 km

12,5 km -Lauf

Category:

Männer (20-29 Jahre)

Total time: 1:00:42

Speed: 11.86 km/h

Running performance: 4:52 min/km

Rank in course/Total: 74 (of 211)

Rank in course/Men: 68 (of 156)

Best time in course: 41:01

Rank in category: 10(of 14)

Best time in the category: 47:16