



3Türmelauf

Bad Langensalza / 14.04.2019

Detailed evaluation

Thomas, Sandro

Club: GKN Sinter Metals, Bad Langensalza
Number: 100

Course: 12.50 km
12,5 km -Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:01:30

Speed: 11.71 km/h

Running performance: 4:55 min/km

Rank in course/Total: 82 (of 211)

Rank in course/Men: 73 (of 156)

Best time in course: 41:01

Rank in category: 13(of 26)

Best time in the category: 43:54