



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Hiese, Jonas

Club: SLG Bad Langensalza
Number: 135

Course: 12.50 km
12,5 km -Lauf

Category:
Männer (20-29 Jahre)

Total time: 1:02:22

Speed: 11.54 km/h
Running performance: 4:59 min/km

Rank in course/Total: 91 (of 211)

Rank in course/Men: 79 (of 156)

Best time in course: 41:01

Rank in category: 11(of 14)

Best time in the category: 47:16