



3Türmelauf

Bad Langensalza / 14.04.2019

Detailed evaluation

Kohr, Benjamin

Club: Jesus-Haus Gemeinde

Number: 169

Course: 12.50 km

12,5 km -Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 1:04:25

Speed: 11.18 km/h

Running performance: 5:09 min/km

Rank in course/Total: 115 (of 211)

Rank in course/Men: 98 (of 156)

Best time in course: 41:01

Rank in category: 13(of 18)

Best time in the category: 41:01