



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Meding, Mirko

Club: ILVERS Musikbar ERFURT
Number: 210

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M35 (35-39 Jahre)

Total time: 1:06:01

Speed: 10.91 km/h
Running performance: 5:17 min/km

Rank in course/Total: 134 (of 211)

Rank in course/Men: 113 (of 156)

Best time in course: 41:01

Rank in category: 14(of 18)

Best time in the category: 41:01