



3Türmelauf

Bad Langensalza / 14.04.2019

Detailed evaluation

Kämpf, Rene

Club: Team Fahrschule Warschun

Number: 153

Course: 12.50 km

12,5 km -Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:07:48

Speed: 10.62 km/h

Running performance: 5:25 min/km

Rank in course/Total: 147 (of 211)

Rank in course/Men: 121 (of 156)

Best time in course: 41:01

Rank in category: 20(of 26)

Best time in the category: 43:54