



## 3Türmelauf

Bad Langensalza / 14.04.2019

### Detailed evaluation

**Laß, Matthias**

Club: Connected Runners Weimar

Number: 75

Course: 12.50 km

12,5 km -Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:07:58

Speed: 11.03 km/h

Running performance: 5:26 min/km

Rank in course/Total: 149 (of 211)

Rank in course/Men: 122 (of 156)

Best time in course: 41:01

Rank in category: 21(of 26)

Best time in the category: 43:54