



## 3Türmelauf

Bad Langensalza / 14.04.2019

### Detailed evaluation

**Groß, Philipp**

Club: GKN Sinter Metals, Bad Langensalza  
Number: 98

Course: 12.50 km  
12,5 km -Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:11:37

Speed: 10.05 km/h

Running performance: 5:44 min/km

Rank in course/Total: 172 (of 211)

Rank in course/Men: 137 (of 156)

Best time in course: 41:01

Rank in category: 15(of 17)

Best time in the category: 44:21