



3Türmelauf  
Bad Langensalza / 14.04.2019

Detailed evaluation

Toussaint, Michel

Club: Jesus-Haus Gemeinde  
Number: 170

Course: 12.50 km  
12,5 km -Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:13:13

Speed: 10.24 km/h  
Running performance: 5:52 min/km

Rank in course/Total: 179 (of 211)

Rank in course/Men: 140 (of 156)

Best time in course: 41:01

Rank in category: 26(of 26)

Best time in the category: 43:54