



3Türmelauf

Bad Langensalza / 14.04.2019

Detailed evaluation

Arndt, Tobias

Club: WieselFlink

Number: 168

Course: 12.50 km

12,5 km -Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:18:42

Speed: 9.15 km/h

Running performance: 6:18 min/km

Rank in course/Total: 196 (of 211)

Rank in course/Men: 147 (of 156)

Best time in course: 41:01

Rank in category: 22(of 22)

Best time in the category: 45:21