



3Türmelauf  
Bad Langensalza / 21.04.2013

## Detailed evaluation

**Rosenbaum, Sebastian**

Club: Eschweger TSV  
Number: 212

Course: 5.00 km  
5 km-Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 18:14

Speed: 16.45 km/h  
Running performance: 3:39 min/km

Rank in course/Total: 1 (of 61)

Rank in course/Men: 1 (of 34)

Best time in course: 18:14

Rank in category: 1(of 4)

Best time in the category: 18:14