



3Türmelauf

Bad Langensalza / 21.04.2013

Detailed evaluation

Staer, Marko

Club: LSV 90

Number: 252

Course: 5.00 km

5 km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 23:59

Speed: 12.51 km/h

Running performance: 4:48 min/km

Rank in course/Total: 10 (of 61)

Rank in course/Men: 10 (of 34)

Best time in course: 18:14

Rank in category: 3(of 4)

Best time in the category: 18:14