



## 3Türmelauf

Bad Langensalza / 21.04.2013

### Detailed evaluation

Zehnpfund, Frank

Club: Bad Langensalza

Number: 157

Course: 12.50 km

12,5 km-Lauf

Category:

Männer (20-29 Jahre)

Total time: 58:29

Speed: 12.82 km/h

Running performance: 4:41 min/km

Rank in course/Total: 32 (of 148)

Rank in course/Men: 32 (of 114)

Best time in course: 43:53

Rank in category: 7(of 14)

Best time in the category: 43:53