



3Türmelauf  
Bad Langensalza / 21.04.2013

## Detailed evaluation

**Steinmetz, Andreas**

Club: Null Acht Fünfzehn  
Number: 80

Course: 12.50 km  
12,5 km-Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 1:02:36

Speed: 11.50 km/h  
Running performance: 5:01 min/km

Rank in course/Total: 60 (of 148)

Rank in course/Men: 56 (of 114)

Best time in course: 43:53

Rank in category: 8(of 15)

Best time in the category: 53:04