



3Türmelauf  
Bad Langensalza / 21.04.2013

Detailed evaluation

Heinrich, Steffen

Club: Rennsteiglaufverein  
Number: 148

Course: 12.50 km  
12,5 km-Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:05:20

Speed: 11.02 km/h  
Running performance: 5:14 min/km

Rank in course/Total: 76 (of 148)

Rank in course/Men: 71 (of 114)

Best time in course: 43:53

Rank in category: 16(of 22)

Best time in the category: 48:38