



3Türmelauf
Bad Langensalza / 21.04.2013

Detailed evaluation

Wolter, Steffen

Club: RennsteigSpirit
Number: 68

Course: 12.50 km
12,5 km-Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:07:39

Speed: 10.64 km/h
Running performance: 5:25 min/km

Rank in course/Total: 86 (of 148)

Rank in course/Men: 79 (of 114)

Best time in course: 43:53

Rank in category: 18(of 22)

Best time in the category: 48:38