



3Türmelauf  
Bad Langensalza / 21.04.2013

## Detailed evaluation

**Abramowsky, Steffen**

Club: SV Creaton Großengottern  
Number: 54

Course: 12.50 km  
12,5 km-Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 1:08:31

Speed: 10.95 km/h  
Running performance: 5:29 min/km

Rank in course/Total: 98 (of 148)

Rank in course/Men: 89 (of 114)

Best time in course: 43:53

Rank in category: 19(of 22)

Best time in the category: 48:38