



3Türmelauf  
Bad Langensalza / 21.04.2013

Detailed evaluation

**Elstner, Marcus**

Club: ThSV DT Bad Langensalza  
Number: 97

Course: 12.50 km  
12,5 km-Lauf

Category:  
Männer (20-29 Jahre)

Total time: 1:10:36

Speed: 10.20 km/h  
Running performance: 5:39 min/km

Rank in course/Total: 111 (of 148)

Rank in course/Men: 97 (of 114)

Best time in course: 43:53

Rank in category: 13(of 14)

Best time in the category: 43:53