



## 3Türmelauf

Bad Langensalza / 21.04.2013

### Detailed evaluation

**Steinmetz, Patrick**

Club: Bad Langensalza

Number: 16

Course: 12.50 km

12,5 km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 1:22:04

Speed: 9.14 km/h

Running performance: 6:34 min/km

Rank in course/Total: 143 (of 148)

Rank in course/Men: 113 (of 114)

Best time in course: 43:53

Rank in category: 10(of 11)

Best time in the category: 55:59