



3Türmelauf

Bad Langensalza / 21.04.2013

Detailed evaluation

Steinmetz, Pascal

Club: FSV Preußen

Number: 267

Course: 5.00 km

5 km-Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 21:57

Speed: 13.67 km/h

Running performance: 4:23 min/km

Rank in course/Total: 4 (of 61)

Rank in course/Men: 4 (of 34)

Best time in course: 18:14

Rank in category: 2(of 4)

Best time in the category: 18:14