



## 3Türmelauf

Bad Langensalza / 21.04.2013

### Detailed evaluation

**Löwe, Martin**

Club: Thüringer HC

Number: 220

Course: 5.00 km

5 km-Lauf

Category:

Männer (20-29 Jahre)

Total time: 31:22

Speed: 9.56 km/h

Running performance: 6:16 min/km

Rank in course/Total: 42 (of 61)

Rank in course/Men: 26 (of 34)

Best time in course: 18:14

Rank in category: 3(of 4)

Best time in the category: 24:37