



3Türmelauf  
Bad Langensalza / 21.04.2013

## Detailed evaluation

**Seidel, Janik**

Club: SV Empor  
Number: 207

Course: 5.00 km  
5 km-Lauf

Category:  
männliche Jugend U14 (12-13 Jahre)

Total time: 31:03

Speed: 9.66 km/h  
Running performance: 6:13 min/km

Rank in course/Total: 39 (of 61)

Rank in course/Men: 25 (of 34)

Best time in course: 18:14

Rank in category: 4(of 6)

Best time in the category: 23:12