



3Türmelauf 2014  
Bad Langensalza / 27.04.2014

## Detailed evaluation

**Ziemann, Steffen**

Club: Salza Vita Gesundheitszentrum UG  
Number: 126

Course: 12.50 km  
12,5 km-Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 1:11:17

Speed: 10.10 km/h  
Running performance: 5:42 min/km

Rank in course/Total: 118 (of 156)

Rank in course/Men: 93 (of 109)

Best time in course: 42:05

Rank in category: 14(of 17)

Best time in the category: 55:32