



3Türmelauf  
Bad Langensalza / 19.04.2015

## Detailed evaluation

**Steinmetz, Ben**

Club: SV Empor Boxen  
Number: 208

Course: 5.00 km  
5 km - Lauf

Category:  
männliche Kinder U12 (10-11 Jahre)

Total time: 28:45

Speed: 10.43 km/h  
Running performance: 5:45 min/km

Rank in course/Total: 102 (of 227)

Rank in course/Men: 76 (of 124)

Best time in course: 17:46

Rank in category: 6(of 10)

Best time in the category: 24:56