



3Türmelauf  
Bad Langensalza / 19.04.2015

Detailed evaluation

Steinmetz, Pascal

Club: SV Empor Boxen  
Number: 173

Course: 12.50 km  
12,5 km -Lauf

Category:  
Senioren M30 (30-34 Jahre)

Total time: 1:04:20

Speed: 11.19 km/h  
Running performance: 5:09 min/km

Rank in course/Total: 82 (of 193)

Rank in course/Men: 73 (of 142)

Best time in course: 42:15

Rank in category: 13(of 22)

Best time in the category: 42:15