



## 3Türmelauf

Bad Langensalza / 19.04.2015

### Detailed evaluation

#### Rasch, Steve

Club: GKN Sinter Metals, Bad Langensalza  
Number: 102

Course: 12.50 km  
12,5 km -Lauf

#### Category:

Senioren M30 (30-34 Jahre)

Total time: 1:08:19

Speed: 10.98 km/h

Running performance: 5:28 min/km

Rank in course/Total: 119 (of 193)

Rank in course/Men: 102 (of 142)

Best time in course: 42:15

Rank in category: 17(of 22)

Best time in the category: 42:15