



## 3Türmelauf

Bad Langensalza / 24.04.2016

### Detailed evaluation

#### Steinmetz, Pascal

Club: FSV Preussen

Number: 1240

Course: 12.50 km

12,5 km -Lauf

Category:

Senioren M30 (30-34 Jahre)

Total time: 53:30

Speed: 14.02 km/h

Running performance: 4:17 min/km

Rank in course/Total: 14 (of 188)

Rank in course/Men: 14 (of 138)

Best time in course: 41:37

Rank in category: 3(of 15)

Best time in the category: 41:37