



3Türmelauf
Bad Langensalza / 24.04.2016

Detailed evaluation

Rönigk, Steffen

Club: Ned Flanders Laufftreff
Number: 1171

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M30 (30-34 Jahre)

Total time: 57:29

Speed: 12.53 km/h
Running performance: 4:36 min/km

Rank in course/Total: 31 (of 188)

Rank in course/Men: 30 (of 138)

Best time in course: 41:37

Rank in category: 5(of 15)

Best time in the category: 41:37