



## 3Türmelauf

Bad Langensalza / 24.04.2016

### Detailed evaluation

Herrmann, Steffen

Club: Bad Langensalza

Number: 1096

Course: 12.50 km

12,5 km -Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 57:37

Speed: 12.50 km/h

Running performance: 4:37 min/km

Rank in course/Total: 32 (of 188)

Rank in course/Men: 31 (of 138)

Best time in course: 41:37

Rank in category: 8(of 24)

Best time in the category: 47:12