



3Türmelauf  
Bad Langensalza / 24.04.2016

## Detailed evaluation

**Arndt, Steffen**

Club: gemalInvent GmbH München  
Number: 1053

Course: 12.50 km  
12,5 km -Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 1:07:20

Speed: 10.69 km/h  
Running performance: 5:23 min/km

Rank in course/Total: 106 (of 188)

Rank in course/Men: 95 (of 138)

Best time in course: 41:37

Rank in category: 18(of 20)

Best time in the category: 52:15