



3Türmelauf

Bad Langensalza / 30.04.2017

Detailed evaluation

STEINMETZ, Ben

Club: Salza-Gymnasium

Number: 1191

Course: 5.00 km

5 km - Lauf

Category:

männliche Jugend U14 (12-13 Jahre)

Total time: 28:38

Speed: 10.48 km/h

Running performance: 5:44 min/km

Rank in course/Total: 127 (of 251)

Rank in course/Men: 93 (of 141)

Best time in course: 18:14

Rank in category: 13(of 22)

Best time in the category: 22:14