



3Türmelauf
Bad Langensalza / 30.04.2017

Detailed evaluation

MENZ, Steffen

Club: Connected Runners Weimar
Number: 1814

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 53:51

Speed: 13.37 km/h
Running performance: 4:19 min/km

Rank in course/Total: 26 (of 246)

Rank in course/Men: 25 (of 190)

Best time in course: 41:16

Rank in category: 1(of 21)

Best time in the category: 53:51