



## 3Türmelauf

Bad Langensalza / 30.04.2017

### Detailed evaluation

#### RÖNIGK, Steffen

Club: Ned Flanders Laufftreff

Number: 1844

Course: 12.50 km

12,5 km -Lauf

Category:

Senioren M35 (35-39 Jahre)

Total time: 54:25

Speed: 13.23 km/h

Running performance: 4:21 min/km

Rank in course/Total: 33 (of 246)

Rank in course/Men: 32 (of 190)

Best time in course: 41:16

Rank in category: 4(of 24)

Best time in the category: 52:05