



3Türmelauf

Bad Langensalza / 30.04.2017

Detailed evaluation

ARNDT, Steffen

Club: gemalInvent GmbH München

Number: 1704

Course: 12.50 km

12,5 km -Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:03:01

Speed: 11.90 km/h

Running performance: 5:02 min/km

Rank in course/Total: 104 (of 246)

Rank in course/Men: 94 (of 190)

Best time in course: 41:16

Rank in category: 12(of 21)

Best time in the category: 53:51