



## 3Türmelauf

Bad Langensalza / 30.04.2017

### Detailed evaluation

#### RASCH, Steve

Club: GKN Sinter Metals, Bad Langensalza  
Number: 1837

Course: 12.50 km  
12,5 km -Lauf

#### Category:

Senioren M30 (30-34 Jahre)

Total time: 1:06:00

Speed: 10.91 km/h

Running performance: 5:17 min/km

Rank in course/Total: 142 (of 246)

Rank in course/Men: 126 (of 190)

Best time in course: 41:16

Rank in category: 19(of 22)

Best time in the category: 41:16