



3Türmelauf
Bad Langensalza / 14.04.2019

Detailed evaluation

Arndt, Steffen

Club: Arndt-Family aus Mühlhausen
Number: 71

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:03:44

Speed: 11.30 km/h
Running performance: 5:06 min/km

Rank in course/Total: 108 (of 211)

Rank in course/Men: 92 (of 156)

Best time in course: 41:01

Rank in category: 19(of 22)

Best time in the category: 45:21