



3Türmelauf  
Bad Langensalza / 14.04.2019

## Detailed evaluation

Steinmetz, Patrick

Club: Bad Langensalza  
Number: 184

Course: 12.50 km  
12,5 km -Lauf

Category:  
Senioren M35 (35-39 Jahre)

Total time: 1:06:56

Speed: 10.76 km/h  
Running performance: 5:21 min/km

Rank in course/Total: 139 (of 211)

Rank in course/Men: 115 (of 156)

Best time in course: 41:01

Rank in category: 16(of 18)

Best time in the category: 41:01