



3Türmelauf  
Bad Langensalza / 21.04.2013

Detailed evaluation

Groessel, Jens

Club: SV Sundhausen 96  
Number: 140

Course: 12.50 km  
12,5 km-Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 57:23

Speed: 12.55 km/h  
Running performance: 4:35 min/km

Rank in course/Total: 27 (of 148)

Rank in course/Men: 27 (of 114)

Best time in course: 43:53

Rank in category: 8(of 22)

Best time in the category: 48:38