



3Türmelauf
Bad Langensalza / 21.04.2013

Detailed evaluation

Helbing, Jens

Club: Bad Langensalza
Number: 34

Course: 12.50 km
12,5 km-Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:01:09

Speed: 11.77 km/h
Running performance: 4:53 min/km

Rank in course/Total: 47 (of 148)

Rank in course/Men: 44 (of 114)

Best time in course: 43:53

Rank in category: 12(of 27)

Best time in the category: 51:37