



3Türmelauf

Bad Langensalza / 21.04.2013

Detailed evaluation

Technau, Jens

Club: BakerBoys

Number: 66

Course: 12.50 km

12,5 km-Lauf

Category:

Senioren M45 (45-49 Jahre)

Total time: 1:09:01

Speed: 10.87 km/h

Running performance: 5:31 min/km

Rank in course/Total: 103 (of 148)

Rank in course/Men: 93 (of 114)

Best time in course: 43:53

Rank in category: 20(of 22)

Best time in the category: 48:38