



## 3Türmelauf

Bad Langensalza / 21.04.2013

### Detailed evaluation

Römhild, Jan-Olaf

Club: Fit&Fun

Number: 45

Course: 12.50 km

12,5 km-Lauf

Category:

Senioren M40 (40-44 Jahre)

Total time: 1:12:49

Speed: 9.89 km/h

Running performance: 5:50 min/km

Rank in course/Total: 118 (of 148)

Rank in course/Men: 100 (of 114)

Best time in course: 43:53

Rank in category: 24(of 27)

Best time in the category: 51:37