



3Türmelauf 2014  
Bad Langensalza / 27.04.2014

## Detailed evaluation

**Krause, Jan**

Club: Dachwig  
Number: 552

Course: 5.00 km  
5 km-Lauf

Category:  
Senioren M40 (40-44 Jahre)

Total time: 21:33

Speed: 13.92 km/h  
Running performance: 4:19 min/km

Rank in course/Total: 12 (of 105)

Rank in course/Men: 12 (of 71)

Best time in course: 17:43

Rank in category: 1(of 6)

Best time in the category: 21:33