



3Türmelauf 2014  
Bad Langensalza / 27.04.2014

Detailed evaluation

**Arnold, Jens**

Club: SVV Schmalkalden  
Number: 6

Course: 12.50 km  
12,5 km-Lauf

Category:  
Senioren M45 (45-49 Jahre)

Total time: 57:39

Speed: 13.01 km/h  
Running performance: 4:37 min/km

Rank in course/Total: 26 (of 156)

Rank in course/Men: 25 (of 109)

Best time in course: 42:05

Rank in category: 5(of 16)

Best time in the category: 47:58