



3Türmelauf 2014
Bad Langensalza / 27.04.2014

Detailed evaluation

Technau, Jens

Club: FSV Preusen
Number: 115

Course: 12.50 km
12,5 km-Lauf

Category:
Senioren M45 (45-49 Jahre)

Total time: 1:04:27

Speed: 11.17 km/h
Running performance: 5:10 min/km

Rank in course/Total: 71 (of 156)

Rank in course/Men: 59 (of 109)

Best time in course: 42:05

Rank in category: 12(of 16)

Best time in the category: 47:58