



3Türmelauf 2014  
Bad Langensalza / 27.04.2014

Detailed evaluation

Thomas, Jochen

Club: Zimmern  
Number: 116

Course: 12.50 km  
12,5 km-Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 1:05:57

Speed: 11.37 km/h  
Running performance: 5:17 min/km

Rank in course/Total: 83 (of 156)

Rank in course/Men: 69 (of 109)

Best time in course: 42:05

Rank in category: 9(of 17)

Best time in the category: 55:32