



3Türmelauf  
Bad Langensalza / 19.04.2015

Detailed evaluation

**Arnold, Jens**

Club: SVV Schmalkalden  
Number: 5

Course: 12.50 km  
12,5 km -Lauf

Category:  
Senioren M50 (50-54 Jahre)

Total time: 56:51

Speed: 12.66 km/h  
Running performance: 4:33 min/km

Rank in course/Total: 28 (of 193)

Rank in course/Men: 25 (of 142)

Best time in course: 42:15

Rank in category: 3(of 25)

Best time in the category: 46:59