



3Türmelauf
Bad Langensalza / 19.04.2015

Detailed evaluation

Nölker, Jens

Club: SV Blau Weiß Mühlhausen
Number: 204

Course: 12.50 km
12,5 km -Lauf

Category:
Senioren M40 (40-44 Jahre)

Total time: 1:04:51

Speed: 11.10 km/h
Running performance: 5:11 min/km

Rank in course/Total: 84 (of 193)

Rank in course/Men: 75 (of 142)

Best time in course: 42:15

Rank in category: 11(of 20)

Best time in the category: 52:50